

Sudbury and Manitoulin Mental Wellness Services

CRISIS INTERVENTION SERVICES (Health Sciences North)

- ☎ 705-675-4760 (24/7)
- 📍 127 Cedar Street, Sudbury
7 days per week - 8:30 am to 10 pm
- 📍 41 Ramsey Lake Road, Sudbury (24/7)
- 📍 11 Meredith Street, Little Current
Monday to Friday - 8:30 am to 4:30 pm
or 24/7 at 1-877-841-1101
crisishelp.ca/

COMPASS

- ☎ 1-800-815-7126
- 📍 62 Frood Road, Suite 100, Sudbury
Monday to Friday - 8:30 am to 6:30 pm
- 📍 407 Centre Street, Unit 1, Espanola
Monday to Friday - 8:30 am to 4 pm
- 📍 15 Manitowaning Road, Little Current
Monday to Friday - 8:30 am to 4 pm
compassne.ca/compass-referral/

YOUTH WELLNESS HUB

- ☎ 705-280-7581
140 Durham Street
Sudbury, ON P3E 3M7
Monday to Friday - 12:30 pm to 7 pm
ywhsudbury.ca/

VIRTUAL RESOURCES

- ★ Anxiety Canada - anxietycanada.com
- ★ LGBTQ2S+ (YouthLine) - youthline.ca
- ★ BounceBack - bouncebackontario.ca
- ★ Hope for Wellness - hopeforwellness.ca
- ★ [Additional Sudbury Resources](#)

KIDS HELP PHONE

- ☎ 1-800-668-6868
- 📱 text CONNECT to 686868
- 💬 Facebook Messenger
kidshelpphone.ca/live-chat-counselling/

MNAAMODZAWIN HEALTH SERVICES & NOOJMOWIN TEG HEALTH CENTRE

- ☎ 705-368-2182
48 Hillside, Aundeck Omni Kaning
www.mnaamodzawin.com/nthc.ca/

MNIDOO MNISING MENTAL WELLNESS CRISIS RESPONSE TEAM

- Crisis line for all of Manitoulin
- ☎ 705-348-1937 Wikwemikong, ON
mchigeeng.ca/mnidoo-mnising-mental-wellness-crisis-response-team/

ONE STOP TALK

- ☎ 1-855-416-8255
Monday to Friday - 12 pm to 8 pm
Saturday 12 pm to 4 pm
onestoptalk.ca/

SUICIDE CRISIS HELP LINE

- ☎ 988
Available 24/7

