

National Support Services



1-888-83SPORT(77678) or abuse-free-sport.ca/

The **Canadian Sport Help Line** is available to provide you with advice, guidance and resources on how to proceed/intervene appropriately in the circumstances.

Canadian Centre for Child Protection

protectchildren.ca/

If you have concerns about a child, or if you are a victim (survivor) or a family member of a victim, you may contact the Canadian Centre for Child Protection for information or support.

Kids Help Phone

1-800-688-6868

Kids Help Phone is Canada's only 24/7 national service offering professional counselling, information, referrals and volunteer-led text-based support for young people. Kids Help Phone's free, anonymous services are available in both English and French.

Canada **First Nations and Inuit Hope for Wellness**

1-855-242-3310 or hopeforwellness.ca/

A helpline dedicated to supporting First Nations and Inuit Peoples. Service is available in Cree, Ojibway, Inuktitut, English and French.

Trans Lifeline

1-877-330-6366 or translifeline.org/

A helpline dedicated to the well-being of transgender people. The phone line is staffed by transgender people for transgender people.



ccsa.ca/addictions-treatment-helplines-canada

The Centre was created by the Canadian government to address and provide leadership on substance use in Canada.

Canada ^{🇨🇦} Victim Services Government of Canada

crcvc.ca/for-victims/services/

The Canadian government provides a number of services to victims of crime, including emotional support, counselling, advocacy and safety planning.

Canadian Association for Suicide Prevention (CASP)

suicideprevention.ca/

CASP's goal is to reduce the suicide rate in Canada and to minimize the consequences of suicidal behaviour.