

Help and support for you

If you are in crisis call 911 or visit the emergency department of your local hospital.

RNAO is aware nurses across this province – especially those working on the frontlines of COVID-19 – are experiencing tremendous levels of physical and emotional stress and burnout. We know this can affect your mental health and well-being at this challenging time and that you may have less time to devote to your own self care.

If you feel a need to reach out for support, we have prepared a summary of resources that are equipped with professionals to listen. We hope you find it helpful.

If you are in distress, help is available.

- ❖ [Canada Suicide Prevention Service](#) at **1-833-456-4566** or **text 45645**
- ❖ [ConnexOntario](#) at **1-866-531-2600** for **mental health** or **addiction crisis** or connexontario.ca/Chat
- ❖ If you are a physician or medical student experiencing distress, mental health or substance use issues, call Ontario Medical Association at **1-800-851-6606**
- ❖ [Kids Help Phone](#) at **1-800-668-6868** or **text 686868**
- ❖ If you are a post-secondary student, call [Good2Talk](#) at **1-866-925-5454**
- ❖ Call [211 Ontario](#) at **1-877-330-3213** for information and referral for community, government, social and health services, including mental health resources across Ontario
- ❖ [First Nations and Inuit Hope for Wellness Help Line](#) at **1-855-242-3310** or online chat counseling service at hopeforwellness.ca
- ❖ [Talk4Healing](#) for Indigenous women at **1-855-554-4325** or talk4healing.com/live-chat
- ❖ [Wellness Together Canada](#) for **mental health** and **substance use support, resources, and counseling** at 1-866-585-0445 or wellnesstogether.ca