



LIONS OF CANADA

Lions Mental Wellbeing Initiative

National Suicide Prevention Resources (most in English & French)

- Canadian Association for Suicide Prevention (www.suicideprevention.ca)
- Canadian Coalition for Seniors Mental Health (www.ccsmh.ca)
- Canadian Mental Health Association (www.cmha.ca)
- Centre for Suicide Prevention (www.suicideinfo.ca)
- Crisis Services Canada (www.crisisservicescanada.ca)
 - *National Hotline & Most Referenced
- Ementalhealth (www.ementalhealth.ca)
- Heads Up Guys (www.headsupguys.org)
- Hope for Wellness Helpline (www.hopeforwellness.ca)
- Life Voice (www.lifevoice.ca)
- Kids Help Phone (www.kidshelpphone.ca)
- Mental Health Commission of Canada (www.mentalhealthcommission.ca)
- Mindyourmind (www.mindyourmind.ca)

Some Provincial Resources

- Alberta – Resource Centre for Suicide Prevention (www.sp-rc.ca)
- Alberta – Alberta Health Services (www.albertahealthservices.ca)
- British Columbia – Here to Help (www.heretoehlp.bc.ca)
- Nova Scotia – Good to Talk (www.good2talk.ca)
- Ontario – Centre for Addiction & Mental Health (www.camh.ca)
- Ontario – Ontario Association for Suicide Prevention (www.suicidepreventionontario.ca)
- Quebec – Réseau Québécois sur le Suicide, Les Troubles de l’Humeur et les Troubles Associés (www.reseausuicide.qc.ca)

Mental Health First Aid Courses

- Canadian Red Cross (www.learn.redcross.ca)
- Mental Health Commission of Canada (www.mhfa.ca)
- St John Ambulance (www.sja.ca)

(May 2021 - this document is a work in progress and should not be viewed as a complete list)