



ICT Kikkawa College - Resources for Students

Emergency and Crisis Support

Service	Contact	Notes
911	Call or Text 911	For immediate danger or emergencies (suicidal, physical threat, etc.)
Talk Suicide Canada	1-833-456-4566 (24/7) or text 45645 (4 PM–12 AM)	Suicide prevention and crisis support
Toronto Distress Centre	416-408-HELP (4357)	Free 24/7 crisis and emotional distress support
Good2Talk (Post-Secondary Students)	1-866-925-5454 or text GOOD2TALKON to 686868	Free, confidential counselling & support for students in Ontario

Mental Health & Counselling Services

Service	Contact / Website	Cost
BounceBack Ontario	https://bouncebackontario.ca	Free CBT-based coaching for 15+ by referral or self-enrolment
CAMH (Centre for Addiction and Mental Health)	https://www.camh.ca	Public services, psychiatric care, walk-in support
TAIBU Community Health Centre	https://www.taibuchc.ca	Free health & mental health services for Black communities
Family Service Toronto	https://www.familyserVICEToronto.org	Sliding scale individual and family counselling
Therapy Talks Canada	https://www.therapytalks.ca	Free online mental health videos & webinars
Inkblot Therapy	https://www.inkblottherapy.com	Affordable online therapy (from \$50/session)

Specialized Support (Youth, BIPOC, LGBTQ+, Women)

Group	Resource	Contact
LGBTQ+ Youth	LGBT Youth Line	1-800-268-9688 or text/chat at https://www.youthline.ca
Indigenous Peoples	Hope for Wellness Helpline	1-855-242-3310 or chat at https://www.hopeforwellness.ca
Black Canadians	Black Youth Helpline	1-833-294-8650 or https://blackyouth.ca
Women in Crisis	Assaulted Women's Helpline	1-866-863-0511 or TTY 1-866-863-7868
Newcomers/Immigrants	Access Alliance Multicultural Health	https://accessalliance.ca

Apps & Digital Self-Help Tools

Tool	Description	Platform
Wellness Together Canada	Mental health & substance use tools, chat, counselling	https://www.wellnesstogether.ca
MindShift CBT App	Free anxiety management app	iOS & Android
Woebot	Mental health chatbot using CBT strategies	iOS & Android
Calm or Headspace	Guided meditations, stress relief	Paid but often discounted or free through schools