

While not specific to agriculture or swine production, free, confidential support is available to Ontario residents dealing with stress, depression, anxiety, addiction and other mental health issues.

Helpline staff can help address concerns about yourself or someone that you care about.



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**FREE MENTAL  
HEALTH AND  
ADDICTION  
SERVICES**



**IN YOUR  
COMMUNITY**



## HELPLINES Available 24/7

### Mental Health Helpline

1-866-531-2600

### Drug and Alcohol Helpline

1-800-565-8603

### Problem Gambling Helpline

1-888-230-3505

### Telehealth Ontario

1-866-797-0000 (on-call nurses; health-related issues, depression, anxiety)

### Victim Support Line

1-888-579-2888 (connects victims of crime with community services)

### Parenting Help Line

1-888-603-9100 (info and support on parenting issues)

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### For children and youth:

#### Kids Help Phone

1-800-668-6868 (provides counselling and info for ages 5-20)

#### Good2Talk

1-866-925-5454 (provides counselling and information for youth and young adults aged 17-25)

## OTHER RESOURCES\*

### Canadian Mental Health Association (Ontario)

(416) 977-5580  
cmha.ca/find-your-cmha

### Children's Mental Health Ontario

(416) 921-2109  
kidsmentalhealth.ca

### Farm and Food Care

(519) 837-1326 (accepts calls if a producer is having trouble caring for animals)

### Legal Aid Ontario

1-800-668-8258

### Law Help Ontario

1-855-255-7256 (for those living 40 km+ from urban centres)

\*These resources are *not* available 24/7