







Menta









			Operating languages and availability
l Health Helplines	Phone Number	Working hours	of interpretation

Website

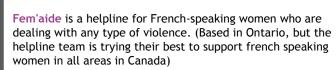
The Assaulted women's helpline provides free of charge crisis counseling and support for women impacted by any type of abuse in Canada. Interpretation for more than 200 languages are available upon your call. (Based in Ontario, but the helpline team are trying their best to support women in all areas).

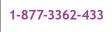


24/7

English (Interpretation is available upon request)







24/7

For French-speaking women



Talk Suicide Canada is a free support line for people who need to connect with crisis responders to understand their suicidal thoughts. This helpline offers support based on an individual's specific needs.

988

24/7

English and French (Interpretation is available upon request). You would first need to select English or French and then ask the counsellor for an interpreter.



Kids Help Phone is a 24/7 helpline that offers free of charge virtual mental health services for adults and kids from (5 years to 30 years old). You are welcome to speak to a professional counsellor about any issues or crisis.

1-800 668-6868

24/7

English and French (Interpretation is available upon request). You would need first to select English or French and then ask the counsellor for an interpreter.



kidshelpphone.ca

Nisa Helpline offers free and confidential one-on-one peer counselling to Muslim women across North America. Any Muslim woman in Canada is welcome to call and consult the Nisa Helpline team. The Nisa Helpline can guide Muslim women who are experiencing domestic violence, mental health problems, islamophobia, depression, eating disorder and other related problems.

1-888-315-6472

The line operates from (10:00 am until 10:00 pm) EST. If you're in NB you can contact from (11:00 am -until 11:00 pm) ADT.

English, French, Urdu, Arabic, and Somali.

