



*serving all dystonia-affected persons
d'esservant toutes personnes atteintes de dystonie*

NEWFOUNDLAND

Provincial Mental Health Crisis Line: 1 (999) 737-4668

Mental Health and Addictions Systems Navigator

Phone: 1 (877) 999-7589

Address: P.O. Box 8700

1st Floor, West Block

Confederation Building

St. John's, NL A1B 4J6

CHANNAL Peer Support Warm Line: 1 (855) 753-2560

Canadian Mental Health Association Newfoundland and Labrador

Website: <https://cmhanl.ca/contact>

Phone: (709) 753-8550

Address: 603 Topsail Rd.

St. John's, NL A1E 2E1

NATIONAL RESOURCES

Canadian Mental Health Association

Website: <https://www.cmha.ca>

E-mail: info@cmha.ca

Address: Canadian Mental Health Association, National

500-250 Dundas Street West

Toronto, ON M5T 2Z5

National Network for Mental Health

Website: <http://www.nnmh.ca>

eMentalHealth.ca

Website: <http://www.ementalhealth.ca>

Address: Children's Hospital of Eastern Ontario

Suite 200, 311 McArthur Ave.
Ottawa, ON K1L 8M3

ONLINE RESOURCES

Online Therapy Unit

Website: <https://www.onlinetherapyuser.ca>

E-mail: online.therapy.user@uregina.ca

Phone: 1 (306) 337-3331

Address: 3737 Wascana Parkway

Regina, SK S4S 0A2

Therapy Assisted Online

Website: <https://www.taoconnect.org>

E-mail: HowCanIHelpYou@taoconnect.org

Phone: 1 (844) 438-8262

Address: St.Petersburg Office

600 1st Ave N

Suit 305

St. Petersburg, FL 33701

Big White Wall

Website: <https://www.bigwhitewall.ca>