



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

TERRITORIES

Northwest Territories

NWT Helpline: 1 (800) 661-0844

Department of Health and Social Services, Mental Health and Addictions

Website: <https://www.hss.gov.nt.ca/en/services/mental-health>

E-mail: mha@gov.nt.ca

Phone: (867) 767-9061

Address: P.O. Box 1320

Yellowknife, NT X1A 2L9

Nunavut

Kamatsiqut Nunavut Helpline: 1 (867) 979-3333

Department of Health

Website: <https://www.gov.nu.ca/health/information/mental-health-helpful-links>

Yukon

Mental Health and Substance Use Services

Website: http://www.hss.gov.yk.ca/mwsu_communities.php

Phone: (867) 456-3838

Address: Mental Wellness and Substance Use Services (H-7)

Health & Social Services, Government of Yukon

Box 2703

Whitehorse, YT Y1A 2C6

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>