FREE & LOW-COST SUPPORT ACROSS CANADA

The Community Bridge

Crisis lines, peer support & therapist directories, with neurodivergent-friendly access marked.

Because care is not a luxury.
It is the foundation from which all healing grows.

IN DANGER RIGHT NOW? CALL 9-1-1.

Thinking about suicide? Call or text 9-8-8, any hour, any day.

Free. Confidential. English & French. Everywhere in Canada.

Compiled with care by Sacred Spaces Counselling Centre

Every listing verified against current sources: November 2026

BEFORE YOU BEGIN

A note, from us to you

If you're holding this, something is heavy. Maybe it's yours. Maybe you're carrying it for someone you love. Either way: you reached. That counts.

This guide is a map, not a maze. Every number and link in it was checked against current, official or directory sources in November 2026. Services do change, so if a line doesn't connect or a page has moved, try the next door on the list. **You are allowed to keep knocking.**

To our neurodivergent kin: we know the phone can feel like a locked door. Calling a stranger while your nervous system is flooded is a real barrier, not a character flaw. So beside every listing, we've marked what kind of access it offers.

How to read the ND fit markers

ND FIT: STRONG	Run by, or built specifically for, neurodivergent people.
ND FIT: GOOD	Offers at least one way in that isn't a voice call: text, chat, email, video, or self-paced tools.
ND FIT: VOICE ONLY	Voice call only. Still worth it, but it may be harder during shutdown, overwhelm, or if speaking on the phone is tough for you.
ND FIT: VARIES	Depends on your local branch or region. Ask what formats they offer.

An honest note: these markers describe how you can reach a service. They are not an audit or an endorsement of how neurodivergent-affirming any individual responder will be.

If calling feels impossible right now

- Text instead: **9-8-8** accepts texts, 24/7.
- Write it down first. A few words on a sticky note ("I'm not safe," "I need to talk," "I'm overwhelmed and can't think") can be read aloud or typed straight into a text.
- Ask someone you trust to sit beside you, or to make the first call with you.
- It's okay to say "I don't know what to say." Responders are trained for exactly that.

Know before you reach out

Crisis lines are confidential, but if a responder believes you or someone else is in immediate danger, they may contact emergency services. We'd rather you hear that from us now than be surprised later. You're always allowed to ask a responder how they handle this.

RIGHT NOW

Emergency & 24/7 crisis support

When the ground gives way, these lines answer every hour of every day.

9-1-1 Emergency services

Call 9-1-1

For immediate danger to your life or someone else's, or a medical emergency. If you are in danger, use this first, whatever your access needs.

ND FIT: VOICE ONLY | CALL | 24/7

9-8-8 Suicide Crisis Helpline

Call or text 9-8-8 · 988.ca

Canada's national three-digit line for anyone thinking about suicide, or worried about someone who is. Free, available by phone and text, in English and French, 24/7.

ND FIT: GOOD | CALL | TEXT | 24/7 | EN / FR

Kids Help Phone

Call 1-800-668-6868 · Text CONNECT to 686868 · Adults: text 741741

Free, confidential support 24/7 for people aged 5 to 29, by phone, text, or live chat at kidshelpphone.ca. Phone counselling is available in over 100 languages through interpreters.

ND FIT: GOOD | CALL | TEXT | CHAT | 24/7 | AGES 5-29

Hope for Wellness Help Line

Call 1-855-242-3310 · Chat at hopeforwellness.ca

Immediate, culturally grounded counselling and crisis support for all Indigenous peoples across Canada, 24/7. English and French; Cree, Ojibway and Inuktitut available on request.

ND FIT: GOOD | CALL | CHAT | 24/7 | INDIGENOUS

National Indian Residential School Crisis Line

Call 1-866-925-4419

24-hour emotional and crisis support for former Residential School students and their families.

ND FIT: VOICE ONLY | CALL | 24/7

National Overdose Response Service (NORS)

Call or text 1-888-688-NORS (6677) · nors.ca

A peer-run, judgment-free line for people who use drugs. A supporter stays with you while you use and calls emergency services only if you stop responding. 24/7, anywhere in Canada.

ND FIT: GOOD | CALL | TEXT | 24/7 | PEER-RUN

VAC Assistance Service (Veterans)

Call 1-800-268-7708 · TTY 1-800-567-5803

Free, confidential support from a mental health professional, 24/7, for Veterans, former RCMP members, their families and caregivers. You don't need to already be a VAC client.

ND FIT: VOICE ONLY | CALL | 24/7 | TTY

Trans Lifeline

Call 1-877-330-6366 (Canada) · translifeline.org

Peer support run by trans people, for trans and questioning people, even if you're not in crisis.

Hours are limited and change with volunteer availability. Check the website before calling; if the line is closed and you're in crisis, use 9-8-8.

ND FIT: VOICE ONLY | CALL | PEER-RUN

FINDING YOUR WAY

Navigation & specialized lines

Not every hard day is an emergency. These help you find the right door.

2-1-1 Community & social services

Dial 2-1-1 · 211.ca

Free, confidential navigation to local community, social and non-clinical health services: food, housing, financial help, low-cost counselling and more. Available by phone, and in many regions by text and chat, in 150+ languages. You don't have to give your name.

Text and chat hours vary by province or territory.

ND FIT: GOOD | CALL | TEXT | CHAT | WEB SEARCH

8-1-1 Provincial health lines

Dial 8-1-1 in most provinces & territories

Free health advice from nurses and help finding services near you. Some provinces also route mental health support through 811. In Quebec, Info-Social 811 connects you with a psychosocial worker.

Names, hours and services differ by province. Ask whether they offer mental health support where you live.

ND FIT: VOICE ONLY | CALL | PROVINCIAL

NEDIC Eating disorder helpline

Call 1-866-NEDIC-20 · Live chat at nedic.ca · nedic@uhn.ca

Information, support and referrals for anyone in Canada affected by an eating disorder, including loved ones. Hours (Eastern): chat Mon-Fri 9 am-9 pm; phone Mon-Thu 10 am-6 pm and Fri 10 am-5 pm; chat and phone Sat-Sun 12-5 pm.

ND FIT: GOOD | CALL | CHAT | EMAIL

Black Youth Helpline

Call 1-833-294-8650 · blackyouth.ca

Culturally informed support for Black youth (12+) and their families across Canada, open to all youth. Helpline hours listed as 9 am-10 pm Eastern.

ND FIT: VOICE ONLY | CALL | YOUTH 12+

ShelterSafe

sheltersafe.ca

A clickable map of shelters across Canada for women and children experiencing violence, with each shelter's 24-hour crisis number. Shelters also offer counselling and safety planning, even if you don't stay there.

If someone monitors your devices, use a safe phone or computer, and clear your browsing history.

ND FIT: GOOD | WEBSITE | MAP | 24/7 SHELTER LINES

YOUR PEOPLE

Neurodivergent community & support

For the ones who were told they were too much, too sensitive, too scattered. Here are rooms where you don't have to translate yourself.

Autism Canada · Empowering Connections National Support Line

Book at autismcanada.org/empoweringconnections

Peer-informed connection for Autistic and neurodivergent people across Canada, offered by phone, chat, virtual meeting and email, and delivered by Autistic-led staff with lived experience. For connection and resource navigation.

Not a crisis or therapy service. In crisis, use 9-8-8.

ND FIT: STRONG | ND-LED | PHONE | CHAT | VIDEO | EMAIL

CADDAC · Centre for ADHD Awareness, Canada

caddac.ca/programs-and-events · 1-800-807-0090

Free virtual support groups for adults with ADHD, led by trained facilitators with lived ADHD experience. Also youth groups (16-24), ADHD & substance use peer-led groups, webinars, and an ADHD resource navigator.

ND FIT: STRONG | ND-LED | VIRTUAL GROUPS | FREE | EN / FR

Autistic-led peer groups in your province

Examples: Canucks Autism Network (BC) · Autism Calgary (AB)

Many provincial autism organizations now run peer groups led by Autistic facilitators. Canucks Autism Network's monthly Autistic Community Group meets on Zoom for adults 18+, and self-identified folks are welcome. Autism Calgary's Autistic Support Network welcomes adults who are diagnosed or suspect they're Autistic.

Outside BC and Alberta? Search your provincial autism society for "peer support" or "autistic-led."

ND FIT: STRONG | ND-LED | VIRTUAL | SELF-ID WELCOME

Learning Disabilities Associations

ldac-acta.ca/find-help

A national network of provincial and territorial associations offering information, advocacy and local programs for children, youth and adults with learning disabilities and ADHD. Some chapters run adult support groups.

ND FIT: VARIES | PROVINCIAL | INFO & PROGRAMS

SHARED GROUND

Peer support & self-guided tools

Sometimes healing looks like a circle of chairs. Sometimes it looks like an app at 2 am. Both count.

CMHA · Canadian Mental Health Association

Find your branch: cmha.ca/find-your-cmha

With locations in communities across Canada, many local CMHA branches run free peer support groups led by people with lived experience, plus wellness workshops and programs.

Programs differ by branch. Ask whether they offer virtual or text-based options.

ND FIT: VARIES | LOCAL | PEER-LED GROUPS

CAPSA · All People, All Pathways

capsa.ca/peer-support

Free online peer support meetings for anyone exploring their relationship with substances, whatever pathway they're on, plus family members and allies. Facilitated by people with living experience.

ND FIT: GOOD | VIRTUAL | PEER-LED | FREE

MindShift CBT (Anxiety Canada)

Free app for iOS & Android

Evidence-based tools for worry, panic, perfectionism and social anxiety: thought journal, coping cards and daily check-ins. English and French. Use it on your own or alongside therapy.

ND FIT: GOOD | SELF-PACED | FREE | EN / FR

Psychology Today · Support Groups

psychologytoday.com/ca/groups

A searchable list of therapy and support groups across Canada, many virtual. Filter by topic (including ADHD and autism), location and format. Groups are run by individual providers and often have a fee.

ND FIT: GOOD | SEARCHABLE | VIRTUAL OPTIONS

FINDING YOUR PERSON

Finding a therapist

The right therapist doesn't ask you to shrink. They make room.

Psychology Today · Find a Therapist (Canada)

psychologytoday.com/ca/therapists

A free, searchable directory of therapists across Canada. Filter by province or city, by issue (ADHD, Autism and more), by online sessions, by insurance, and by fees. Many profiles list whether a sliding scale is available.

ND FIT: GOOD | SELF-PACED SEARCH | ONLINE FILTER | SLIDING SCALE

CCPA · Find a Canadian Certified Counsellor

ccpa-accp.ca/find-a-canadian-certified-counsellor

A national directory of counsellors holding the Canadian Certified Counsellor (CCC) designation. Type "Online Counselling" in the specialization field to find virtual practitioners.

ND FIT: GOOD | SELF-PACED SEARCH | CREDENTIAL CHECK

Neurodivergent Therapists Directory

ndtherapists.com

A grassroots directory of licensed providers who identify as neurodivergent themselves, created to help neurodivergent clients find neurodivergent clinicians.

Not Canada-only. Filter by location and confirm the provider is registered to practise in your province.

ND FIT: STRONG | ND-LED | SELF-PACED SEARCH

Questions to ask on a free consult call

You're allowed to interview more than one therapist. Fit matters as much as credentials.

- How do you understand neurodivergence: as something to fix, or as a different way of being wired?
- Have you worked with late diagnosis, masking, or neurodivergent burnout?
- Can sessions flex for me? Camera off, movement breaks, written summaries, text-based check-ins?
- Do you work with people who self-identify, without a formal diagnosis?
- What's your fee? Do you offer a sliding scale or direct billing to my benefits?

Money tight? Ask about sliding-scale fees, look for university training clinics in your province (supervised graduate students, often at reduced cost), or dial 2-1-1 for low-cost counselling near you.

WITH CARE

Before you go

Reaching out is not weakness. It is the first act of alchemy: turning "I can't" into "I asked."

This guide is meant to be shared. Save it, print it, send it to the friend who's been quiet lately. Knowing where help lives is itself a form of community care.

Looking for ongoing, neurodivergent-informed therapy?

Sacred Spaces Counselling Centre offers virtual counselling across British Columbia for neurodivergent and neurotypical adults and couples, including high-achievers in burnout, identity work, and religious deconstruction. sacredspacescounselling.com

Clinical disclaimer

The resources and information in this guide are provided for educational and stabilization purposes only. They do not constitute, replace, or substitute a formal clinical relationship with a registered mental health professional, and this guide does not represent clinical advice, diagnosis, or treatment.

The organizations listed are independent of Sacred Spaces Counselling Centre. We are not affiliated with them and make no representation about their ongoing availability, accuracy, or clinical outcomes. Phone numbers, hours, and eligibility were checked against current sources in November 2026 and can change; please confirm with each service directly.

ND fit markers describe access formats only (for example, whether text or chat is offered). They are not an audit or endorsement of any service.

If you are in immediate danger, call 9-1-1 or go to your nearest hospital emergency department. Do not delay emergency care in favour of any resource in this guide.

With care, and in community. You matter.