

Get Support

February 2023

If the situation is potentially life-threatening, get immediate emergency assistance by calling 911, available 24 hours a day.

Talk to your primary care doctor or another health professional about mental health problems. Ask them to connect you with the right mental health services.

If you do not have a health professional who is able to assist you, use these resources to find help for yourself, your friends, your family, or your students.

Please note the resources listed below are general supports and not autism specific.

- [Talk Suicide Canada](#): 1-833.456.4566
- [Youth Zone: Canadian Mental Health Association](#) (Toronto)
- [Mental Health & Addiction Treatment Services | Connex Ontario](#)
- [The Redpath Centre](#)
- [Youth Zone: Canadian Mental Health Association](#) (Toronto)
- [Kids Help Phone](#): 1-800-668-6868