# Resources for Youth

| **Organization** | **Contact Information** |
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| **LGBTQ + Youthlike**  Support for lesbian, gay, bisexual, transgender, and queer (or questioning) and Youth. Youth Line offers confidential and non-judgemental peer support through our telephone, text and chat services. | 1-800-268-9688  [www.youthline.ca](https://www.youthline.ca/)  Get in touch with a peer support volunteer from Sunday to Friday,  4:00 pm to 9:30 pm. |
| **CRISIS TEXT LINE Canada**  Free, 24/7 support for people in crisis | **Text the word HOME to 686868 from Canada, anytime, about any type of crisis.**  [www.crisistextline.ca](https://www.crisistextline.ca/) |
| **24/7 Crisis Line Ottawa and Eastern Ontario** | 613-260-2360  [www.crisisline.ca](https://www.crisisline.ca/) |
| **Frontenac Youth Services (Durham Region)** | 905-666-0483 or 1-800-742-1890  [frontenacyouthservices.org](https://frontenacyouthservices.org/) |
| **Kids Help Phone** Live Chat counselling connects you one-on-one,  in real time, with a Kids Help Phone counsellor, on the web or from the Always There app. | 1-800-668-6868 [kidshelpphone.ca/live-chat](https://kidshelpphone.ca/live-chat/)  <https://kidshelpphone.ca/> |
| **COAST-Youth (Hamilton)**  Crisis Outreach and Support Team | 905-972-8338  [https://coasthamilton.ca](https://coasthamilton.ca/) |
| **Online Support for Youth Who Self-injure**  Self-Injury Outreach and Support | <http://sioutreach.org/> |
| **Youth Wellness Hub** | <https://youthhubs.ca/en/> |