



Applied Disability Studies

Wellbeing Studies

Looking for Supports?

We recognize that some of the questions in the survey may focus on experiences that were unpleasant or unhappy for you. If that happens, you may wish to speak with someone about those experiences and how you are feeling. There are many publicly funded supports available across Canada.

Here are some resources that may be helpful:

National

- KidsHelpPhone Ages 20 Years and Under in Canada 1-800-668-6868
- First Nations and Inuit Hope for Wellness 24/7 Help Line 1-855-242-3310
- Canadian Indian Residential Schools Crisis Line 1-866-925-4419
- Trans LifeLine – All Ages 1-877-330-6366
- For more services see: <https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

Provinces and Territories (alphabetical order)

- Alberta Crisis Line – All Ages 403-266-4357
- British Columbia Crisis Line – All Ages 1-800-784-2433
- British Columbia Mental Health Support 310-6789
- BC211 – Referral Hotline 24/7 Dial 211
- Manitoba Crisis Line – All Ages 1-877-435-7170
- New Brunswick Crisis Line – All Ages 1-800-667-5005
- Newfoundland and Labrador Line All Ages 1-888-737-4668
- Northwest Territories All Ages 24/7 1-800-661-0844
- Nova Scotia Crisis Line – All Ages 1-888-429-8167
- Nunavut Line – All Ages 7 pm-11 pm (EST) 1-800-265-3333
- Ontario Crisis Line – All Ages 1-866-531-2600
- Ontario College and University Students 1-866-925-5454
- Ontario York and Simcoe Support Services Network 1-855-310-2673
- Ontario – Kenora, Dryden, Fort Frances, Rainy River and everywhere in between 1-866-888-8988

- Prince Edward Island Crisis Line – All Ages 1-800-218-2885
- Quebec National Crisis Line – All Ages 1-866-277-3553
- Saskatchewan Crisis Line – All Ages 1-306-525-5333
- Yukon Crisis Line – All Ages 7 pm-12 am (PST) 1-844-533-3030

Strengths, Experiences, and Needs of Disabled International Students studying in Canada (SEN-DISC).
Dr. Rosemary Condillac (rcondillacATBrocku.ca)