

811 HealthLine



The Provincial Mental Health Crisis Line service is now provided by the Provincial 811 HealthLine.

In May 2022, the 811 HealthLine began to provide services traditionally offered by the Provincial Mental Health Crisis Line. Individuals in need of crisis response or mental health and addictions support are now able to dial 811, day or night, to speak with a registered nurse who is a trained crisis intervener. The person calling will have the option to self-select that they are experiencing a crisis, and will have their call answered immediately by a health care navigator, who will then connect them with a registered nurse.

+ There are over 811 reasons to call the HealthLine.

Speak to a health care professional about:

- Medical Advice
- Mental Health
- Healthy Eating

It's Free and Confidential.

811
HEALTHLINE
Call: 811
TTY: 1.888.709.3555
811Healthline.ca

The 811 HealthLine is a confidential, free help line that assists individuals in deciding the steps to take to manage their physical and mental health, and the health of their family. Nurses are available 24/7 to listen, provide support, answer questions about health topics, and connect users to services in their area.

Medical Advice and Health Information

Mental Health

Healthy Eating

Virtual Care

The HealthLine also offers:

Nurse Practitioner Virtual Care Service – Appointments are available everyday 8 a.m. to 8 p.m., including weekends, at no cost. Individuals can book an appointment by calling 811 or using the 811 HealthLine app. The nurse practitioner is able to connect by telephone or video.

Dial-a-Dietician – Evidence-based healthy eating advice is delivered by local dietitians, without a referral. Call 811 or email a dietitian on the 811 HealthLine website. The service is available 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m., Monday to Friday.