



Institute for
Advancements in
Mental Health

Request for Support

IAM's Support Line provides compassionate support and connection to community resources. If you are in a crisis, please call 911 immediately or go to your nearest Emergency department.

Calls will be responded to by a counsellor during our office hours Mon-Fri (9:00 am to 5:00 pm) within 2 business days. **Return call from counsellor will appear as a private name on call display.**

Suicide Crisis Line Canada Wide: Call 988
Distress Centres of Greater Toronto: 416-408-4357

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| Your Name: | City: | Province: |
| Email Address: | Telephone: | |
| Are You A: <input type="checkbox"/> Family Member/Caregiver <input type="checkbox"/> Individual Living with a Mental Health Issue <input type="checkbox"/> Professional <input type="checkbox"/> Other: _____ | Reason Regarding Your Request <input type="checkbox"/> Individual Counselling <input type="checkbox"/> System & Resource Navigation <input type="checkbox"/> Group Registration <input type="checkbox"/> Other: _____ | |
| Can we leave a voicemail? <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| When is the best time to call (Please provide a range): | | |

Complete form and email support@iamentalhealth.ca