Which number to call: emergency, nurse line and crisis card

A card for your wallet or fridge: 911 for emergencies, 988 for suicide crisis, and the free nurse advice line for your province or territory, with each number from its official page. Fill in your own local numbers.

NAME _____ DATE _____

EMERGENCY

- [ ] Danger to life, fire, crime in progress, urgent medical help: 911

THINKING ABOUT SUICIDE, OR WORRIED ABOUT SOMEONE

- [ ] Call or text 9-8-8, 24 hours a day

NOT AN EMERGENCY, BUT YOU NEED HEALTH ADVICE NOW

- [ ] British Columbia, Alberta, Saskatchewan, New Brunswick, Nova Scotia, Newfoundland and Labrador, Yukon, Northwest Territories: 811
- [ ] Quebec: 811, option 1 (Info-Santé); option 2 (Info-Social)
- [ ] Manitoba: Health Links-Info Santé, 204-788-8200 in Winnipeg or 1-888-315-9257 elsewhere
- [ ] Ontario, Prince Edward Island, Nunavut: check your government's official health page; we could not open it to confirm

MY LOCAL NUMBERS

- [ ] Campus security: [number] · School health centre: [number]
- [ ] School counselling: [number] · Landlord or building emergency: [number]
- [ ] Insurance claims line: [number] · Policy number: [number]
- [ ] Someone to call in Canada: [name, number] · Family at home: [name, number]

Replace every [bracket] with your own words.

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html (checked 2026-11-26)
Check current details on the official page. https://www.healthlinkbc.ca/more/about-healthlink-bc (checked 2026-11-26)
Check current details on the official page. https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1001957 (checked 2026-11-26)
Check current details on the official page. https://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline (checked 2026-11-26)
Check current details on the official page. https://www.gov.mb.ca/health/access.html (checked 2026-11-26)
Check current details on the official page. https://www.quebec.ca/en/health/finding-a-resource/info-sante-811 (checked 2026-11-26)
Check current details on the official page. https://www.gnb.ca/en/topic/health-wellness/access-health-care/tele-care-811.html (checked 2026-11-26)
Check current details on the official page. https://811.novascotia.ca/ (checked 2026-11-26)
Check current details on the official page. https://www.811healthline.ca/ (checked 2026-11-26)
Check current details on the official page. https://yukon.ca/en/health-and-wellness/care-services/access-24-hour-health-advice-811 (checked 2026-11-26)
Check current details on the official page. https://www.hss.gov.nt.ca/en/services/811 (checked 2026-11-26)