

Ontario

Crisis Services

Free Counselling Services

Free unless stated otherwise (some are sliding scale)

Other Mental Health Services

Province-wide

ONTX

Online chat and text crisis services (2pm-2am)
www.torontodistresscentre.com/ontx
Text: 741741

Tel-Aide TAO

24/7 crisis line (French only)
613-741-6433 or 1-800-567-9699

Ajax

Crisis Access Linkage Line (CALL)

24/7 crisis line
Mobile crisis team (10am-8pm)
905-666-0483 or 1-800-742-1890
http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/

Distress Centre Durham Crisis Line

24/7 crisis line
905-430-2522 or 1-800-452-0688

Amherstburg:
****Close to Essex and LaSalle, refer to services there?**
****All counselling services in Windsor are available to folks in Amherstburg**

Community Crisis Centre

24/7 crisis line (16+)
Mobile crisis team (16+, noon-8pm Mon-Sat)
(519) 973-4435

Distress Centre Windsor-Essex County

Crisis line (noon-midnight)
519-256-5000

Aurora

Community Crisis Response Service

24/7 crisis line
24/7 mobile crisis team
Other crisis services
http://www.yssn.ca/crisis-response-services
1-855-310-COPE (2673)

Frontenac Youth Services

Counselling services (12-18)
http://frontenacyouthservices.org/
1-888-454-6275

Oshawa Community Health Centre

Ajax location
Counselling services (to current patients)
http://www.ochc.ca/services/counselling
905 428-1212

The Shonkier Clinic

Counselling services (<19) with physical referral
http://www.rougevalley.ca/shoniker-clinic
416-281-7301

The Youth Centre

Youth health and counselling services (13-29)
http://www.theyouthcentre.ca/index.php
905-428-1212

Canadian Mental Health Association

York and South Simcoe Branch
adult and youth counselling services
youth (12-25) walk-in clinic
http://cmha-yr.on.ca/
905-841-3977 or 1-866-345-0183

Family Services York Region

online counselling for all ages, sliding scale, subsidies for youth <18
http://www.fsyr.ca

Kinark Child and Family Services

Youth counselling services
https://www.kinark.on.ca/
1-800-230-8530 (Aurora office)
1-888-454-6275 (central intake)

Morneau Shepell

In-person and online therapy for youth (<19?)

Drug and Alcohol Helpline

24/7 information on addiction services
1-800-565-8603

Good2Talk

24/7 counselling and mental health referral line for post secondary students under 25
http://www.good2talk.ca/
1-866-925-5454

LGBT Youthline

Phone, text, and chat services for LGBT youth (Sunday to Friday 4-9:30pm)
http://www.youthline.ca/
Phone: 416.962.0777 / 1.800.268.9688
Text: 647.694.4275

Mental Health Helpline

24/7 mental health information and referral
****NOT A CRISIS LINE****
1-866-531-2600

Telehealth

24/7 health advice and information
1-866-797-0000

Durham Mental Health Services

Mental health support (16+)
http://dmhs.ca/cause/community-support-program/
(905) 666-0831 or 1-855-888-DMHS (3647)

Hôtel-Dieu Grace Healthcare

Extensive adult, adolescent, and children mental health services. Located in Windsor, but possible satellite location in or close to Amherstburg.
http://www.hdgh.org/
(519) 257-5111

Canadian Mental Health Association

York and South Simcoe Branch
Adult and youth mental health services
http://cmha-yr.on.ca/
905-841-3977 or 1-866-345-0183

York Support Services Network

Various mental health services
http://www.yssn.ca/
905 898-6455 or 1 866-257-9776

		<p><u>Barrie and Community Family Health Team</u> Counselling services for all ages http://barriefht.ca/services/mental-health/ 705-726-4225 Ext. 2611 or 2612</p>	
		<p><u>Canadian Mental Health Association</u> Simcoe County Branch Counselling services for all ages http://www.cmhastartalking.ca/family_health_team 1-800-461-4319</p>	
Barrie	<p><u>Mental Health Crisis Line</u> 24/7 crisis line (16+) Mobile crisis team (11am-11pm, 16+) Crisis beds (16+) 1-888-893-8333</p> <p><u>Telecare Distress Line of Greater Simcoe</u> 24/7 crisis and support line 705-325-9534 or 705-726-7922.</p>	<p><u>Catholic Family Services of Simcoe County</u> Barrie Branch Adult, youth (12+), and family counselling Weekly walk-in counselling services http://cfssc.ca/ (705) 726-2503 or 1-888-726-2503</p> <p><u>Kinark Child and Family Services</u> Youth counselling services https://www.kinark.on.ca/ 1-800-230-8534 (Barrie office) 1-888-454-6275 (central intake)</p> <p><u>New Path</u> Youth (<18) and family counselling www.newpath.ca 705-725-7656 or 1-866-566-7656 <u>Canadian Mental Health Association</u> Hastings and Prince Edward Branch Counselling (24+) http://hastings-cmha.org/ (613) 969-8874</p>	<p><u>Canadian Mental Health Association</u> Simcoe County Branch Various mental health services www.cmhastartalking.ca/youth_services 705-726-5033 or 1-800-461-4319</p>
Belleville	<p><u>Open Line Open Mind</u> 24/7 mental health support, crisis and referral line http://www.openlineopenmind.com/index.html 310-OPEN (6736)</p>	<p><u>Children's Mental Health Services</u> Counselling and therapy (>18) http://cmhs-hpe.on.ca/ 613-966-3100</p> <p><u>Counselling Services of Belleville and District</u> Counselling for all ages (sliding scale, subsidies available) http://www.csbd.on.ca/ <u>Canadian Mental Health Association</u> Bracebridge Branch Counselling services 705-645-2262 or 1-800-245-5036</p>	<p><u>Canadian Mental Health Association</u> Hastings and Prince Edward Branch Various mental health services, support groups, and referrals http://hastings-cmha.org/ (613) 969-8874</p>
Bracebridge	<p><u>Simcoe & Muskoka Area Crisis Line</u> 24/7 crisis line 1-888-893-8333</p>	<p><u>Catholic Family Services of Simcoe County -</u> Bracebridge Branch Adult, youth (12+), and family counselling Weekly walk-in counselling services http://cfssc.ca/ (705) 726-2503 or 1-888-726-2503</p> <p><u>Catholic Family Services of Simcoe County</u> Bradford Branch Adult, youth (12+), and family counselling http://cfssc.ca/ (705) 726-2503 or 1-888-726-2503</p>	<p><u>Canadian Mental Health Association</u> Bracebridge Branch Various mental health services 705-645-2262 or 1-800-245-5036</p>
Bradford West Gwillimbury	<p><u>Simcoe & Muskoka Area Crisis Line</u> 24/7 crisis line 1-888-893-8333</p> <p><u>Telecare Distress Line of Greater Simcoe</u> 24/7 crisis and support line 705-325-9534 or 705-726-7922.</p>	<p><u>New Path</u> Youth (<18) and family counselling www.newpath.ca 705-725-7656 or 1-866-566-7656 <u>Canadian Mental Health Association</u> Peel Dufferin Branch Counselling services (16+) 905-451-2123 https://cmhapeeldufferin.ca/</p>	<p><u>Canadian Mental Health Association</u> Simcoe County Branch Various mental health services www.cmhastartalking.ca/index (705) 444-2558</p>
Brampton	<p><u>24.7 Crisis Support Peel</u> 24/7 crisis line (16+) 905-278-9036</p> <p><u>Peel's Children's Centre Crisis Response</u> 24/7 crisis line (<18, or parents of someone <18) 416-410-8615</p> <p><u>Spectra Helpline</u> 24/7 emotional support and crisis line 905-459-7777</p>	<p><u>Peel's Children's Centre</u> Counselling services (<18) http://www.peelcc.org/en/services 905-451-4655</p> <p><u>Rapport Youth and Family Services</u> Counselling services (12-20) http://www.rapportyouth.com/index.html 905 455-4100 ext. 225</p> <p><u>Tangerine Walk-in Counselling</u> Walk-in counselling services (12-20, Thursdays) http://www.tangerinewalkin.com/ 905-795-3530</p>	<p><u>Canadian Mental Health Association</u> Peel Dufferin Branch Various mental health services 905-451-2123 https://cmhapeeldufferin.ca/</p>
Brant **refer to services in Brantford	<p><u>Mental Health Crisis Line</u> 24/7 crisis line 519-759-7188 or 1-866-811-7188</p>		

Brantford

Mental Health Crisis Line
24/7 crisis line
519-759-7188 or 1-866-811-7188

Canadian Mental Health Association
Brant Haldimand Norfolk (located in Brantford)
Counselling services (16+ with severe mental illness)
<http://bhn.cmha.ca/>
519-752-2998

Family Counselling Centre of Brant
Counselling services (sliding scale, subsidies may be available)
<http://fccb.ca/>
519-753-4173

Brant Community Healthcare System
Various mental health services (16+ and requires physician's referral)
<http://www.bchsys.org/hospital/services-list/mental-health-addiction/>
519-751-5544

Canadian Mental Health Association
Brant Haldimand Norfolk
Various mental health services
<http://bhn.cmha.ca/>
519-752-2998

St. Leonard's Community Services
Various mental health services for youth and adults
<https://www.st-leonards.com/>
519-754-0253

Brock

Crisis Access Linkage Line (CALL)
24/7 crisis line
Mobile crisis team (10am-8pm)
905-666-0483 or 1-800-742-1890
<http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/>

Distress Centre Durham Crisis Line
24/7 crisis line
905-430-2522 or 1-800-452-0688

Crisis Outreach and Support Team (COAST)
24/7 mobile crisis team
1-877-825-9011

Burlington

ROCK crisis line
24/7 Crisis Line *for youth <18*
905-878-9785

24.7 Crisis Support Peel
24/7 crisis line (16+)
1-888-811-2222

Caledon:

**Refer to counselling services in Brampton or Mississauga:

Peel's Children's Centre Crisis Response
24/7 crisis line (*<18, or parents of someone <18*)
416-410-8615

Spectra Helpline
24/7 emotional support and crisis line
1-877-298-5444

Chimo Youth & Family Services
Clinical counselling services for ages 0-18
Need parent/guardian to refer
<http://www.chimoyouth.ca/>
705-324-3300 (select intake and leave message for referral)

Frontenac Youth Services
Counselling services (12-18)
<http://frontenacyouthservices.org/>
1-888-454-6275
Canadian Mental Health Association
Halton Regional Branch
Counselling and support services
Weekly walk-in counselling
<http://halton.cmha.ca/>
(905) 693-4270 or 1-877-693-4270

Reach Out Centre for Kids (ROCK)
Counselling and support services
<http://rockonline.ca>
905-634-2347

Durham Mental Health Services
Mental health support (16+)
<http://dmhs.ca/cause/community-support-program/>
(905) 666-0831 or 1-855-888-DMHS (3647)

Canadian Mental Health Association
Peel Dufferin Branch
Various mental health services
905-451-2123
<https://cmhapeeldufferin.ca/>

Cambridge:

Also close to Kitchener and Waterloo*

Distress Line
24/7 crisis line
519-745-1166

Youth Distress Line
24/7 crisis line (*<18*)
519-745-1166

Canadian Mental Health Association
Waterloo Wellington Branch
Counselling services (18+)
<http://cmhwww.ca/>
1-844-CMHA-WW3 (264-2993)

Family Counselling Centre
Walk-in counselling services (Thursdays 1-7pm, sliding scale) - also offers appointments for counselling with fees but some subsidies are available.
<http://fccnd.com/>
519-621-5090

Front Door
Walk-in counselling services (<18, Tuesdays and Thursdays)
<http://frontdoormentalhealth.ca/content/walk-and-township-services>

Canadian Mental Health Association
Waterloo Wellington Branch
Various mental health services for youth and adults
<http://cmhwww.ca/>
1-844-CMHA-WW3 (264-2993)

Here 24/7
Various counselling and mental health services and referrals (youth and adults)
www.here247.ca/
1 844 437 3247

Chatham-Kent:	<p><u>Chatham-Kent Health Alliance Mental Health Crisis Line</u> 24/7 crisis line 1.866.299.7447</p> <p><u>Chatham-Kent Women's Centre</u> 24/7 crisis line (for women only) 519-354-6360</p> <p><u>HELP Team and Mobile Crisis Team</u> 24/7 police services, accessed through 9-11? http://ckpolice.com/help-team-mobile-crisis-team/</p>	<p><u>Chatham-Kent Children's Services</u> Counselling services (<18) http://ways.on.ca/mental-health/youth-resources/ 519-352-0440</p> <p><u>Chatham-Kent Women's Centre</u> Counselling services (for women only) http://ckwc.ca/ 519-354-6360</p> <p><u>Family Service Kent</u> Counselling services (sliding scale, subsidies may be available) http://familyservicekent.com/ 519.354.6221 or 1.855.437.5368</p>	<p><u>Chatham-Kent Health Alliance</u> Various mental health services (most for acute mental illness) http://www.ckha.on.ca/mentalhealth 519.351.6144</p> <p><u>Mental Health Network of Chatham-Kent</u> Various mental health services (mostly peer and advocacy based) http://www.mhnck.com/index.html 519-351-3100</p> <p><u>Canadian Mental Health Association</u> Champlain East Branch Various mental health services (located in Hawkesbury) http://www.cmha-east.on.ca/ (705) 444-2558</p> <p><u>Hawkesbury General Hospital</u> Various mental health services (16+, located in Hawkesbury) http://hgh.ca/programs-services/mental-health-addiction/ 1-844-304-1414</p>
Clarence-Rockland: **Close to Hawkesbury and Ottawa, refer to services there?	<p><u>Mental Health Crisis Line</u> 24/7 crisis line and mobile crisis team 1-866-996-0991</p>		<p><u>Canadian Mental Health Association</u> Champlain East Branch Various mental health services (located in Hawkesbury) http://www.cmha-east.on.ca/ (705) 444-2558</p> <p><u>Hawkesbury General Hospital</u> Various mental health services (16+, located in Hawkesbury) http://hgh.ca/programs-services/mental-health-addiction/ 1-844-304-1414</p>
Clarington: **Close to Oshawa, refer to services there?	<p><u>Crisis Access Linkage Line (CALL)</u> 24/7 crisis line Mobile crisis team (10am-8pm) 905-666-0483 or 1-800-742-1890 http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/</p> <p><u>Distress Centre Durham Crisis Line</u> 24/7 crisis line 905-430-2522 or 1-800-452-0688</p>	<p><u>Frontenac Youth Services</u> Counselling services (12-18) http://frontenacyouthservices.org/ 1-888-454-6275</p>	<p><u>Durham Mental Health Services</u> Various mental health services http://dmhs.ca/ (905) 666-0831 or 1-855-888-DMHS (3647)</p>
Cobourg: **Kind of close to Peterborough and Oshawa, could refer to services there?*	<p><u>Four County Crisis</u> 24/7 crisis line and mobile crisis team 705-745-6484 or 1-866-995-9933</p>	<p><u>Kinark Child and Family Services</u> Youth counselling services https://www.kinark.on.ca/ 1-800-230-8533 (Cobourg office) 1-888-454-6275 (central intake)</p> <p><u>Northumberland Child Development Centre</u> Access to counselling services (<30, based in Port Hope, possible satellite location in Cobourg) www.ncdcent.com/index.php?option=com_content&view=article&id=130&Itemid=129 905-885-8137 Ext. 227 (Ask for Courtney MacDonald)</p>	
Collingwood:	<p><u>Simcoe & Muskoka Area Crisis Line</u> 24/7 crisis line 1-888-893-8333</p> <p><u>Telecare Distress Line of Greater Simcoe</u> 24/7 crisis and support line 705-325-9534 or 705-726-7922.</p>	<p><u>Catholic Family Services of Simcoe County</u> Collingwood Branch Adult, youth (12+), and family counselling Weekly walk-in counselling services http://cfssc.ca/ (705) 726-2503 or 1-888-726-2503</p> <p><u>New Path</u> Youth (<18) and family counselling www.newpath.ca 705-725-7656 or 1-866-566-7656</p>	<p><u>The Mental Health/Addictions Consumers Survivor Network</u> Peer support network and weekly support groups http://www.mentalhealthandaddictions.com/index.php (705) 444-1844/(705) 446-3535</p> <p><u>Canadian Mental Health Association</u> Simcoe County Branch Various mental health services www.cmhastarttalking.ca/index (705) 444-2558</p>
Cornwall:	<p><u>Mental Health Crisis Line</u> 24/7 crisis line and mobile crisis team 1-866-996-0991</p>	<p><u>Cornwall Community Hospital</u> Youth counselling services (<18) https://www.cornwallhospital.ca/en/ChildrenMentalHealth?mid=ct100_RightMenu_ct100_TheMenu-menuitem004 613-361-6363 / 1-844-361-6363</p> <p><u>Counselling and Support Services of S.D. & G.</u> Walk in counselling (Thursdays 1-8pm) www.css-sdg.ca (613) 932-4610 / 1-855-647-8483</p>	<p><u>Canadian Mental Health Association</u> Champlain East Branch Various mental health services http://www.cmha-east.on.ca/ (705) 444-2558</p> <p><u>Cornwall Community Hospital</u> Various mental health services https://www.cornwallhospital.ca/en/ServicesdeSant%C3%A9Mentale?mid=ct100_RightMenu_ct100_TheMenu-menuitem000 613-361-6363 or 1-844-361-6363</p>
East Gwillimbury: **Close to Newmarket and Aurora, offer services from there?	<p><u>Community Crisis Response Service</u> 24/7 crisis line 24/7 mobile crisis team Other crisis services http://www.yssn.ca/crisis-response-services 1-855-310-COPE (2673)</p>	<p><u>Family Services York Region</u> online counselling for all ages, sliding scale, subsidies for youth <18 http://www.fsyrc.ca</p>	

Elliot Lake:

Crisis Response Service
24/7 crisis line and mobile crisis team
1-800-721-0077.

Erin:

Distress Line
24/7 crisis line
519-745-1166

**close to Guelph, refer to services there?

Youth Distress Line
24/7 crisis line (<18)
519-745-1166

Essex:

**All counselling services in Windsor are available to folks in Essex

Community Crisis Centre
24/7 crisis line (16+)
Mobile crisis team (16+. noon-8pm Mon-Sat)
(519) 973-4435

Distress Centre Windsor-Essex County
Crisis line (noon-midnight)
519-256-5000

COAST:
24/7 crisis line and mobile crisis team
1-866-550-5205

Fort Erie:

**Can to refer to services in Niagara Falls or St. Catharines

Distress Centre Niagara
24/7 crisis line
<http://distresscentreniagara.com/>
905-382-0689

Pathstone Mental Health
24/7 crisis line and mobile crisis team (<18)
<https://www.pathstonementalhealth.ca/>
1-800-263-4944

Georgina:

Community Crisis Response Service
24/7 crisis line
24/7 mobile crisis team
Other crisis services
<http://www.yssn.ca/crisis-response-services>
1-855-310-COPE (2673)

Gravenhurst:

**Refer to services in Bracebridge

Simcoe & Muskoka Area Crisis Line
24/7 crisis line
1-888-893-8333
COAST:
24/7 crisis line and mobile crisis team
1-866-550-5205

Grimsby:

**Refer to services in St. Catharines

Distress Centre Niagara
24/7 crisis line
<http://distresscentreniagara.com/>
905-563-6674

Pathstone Mental Health
24/7 crisis line and mobile crisis team (<18)
<https://www.pathstonementalhealth.ca/>
1-800-263-4944

Counselling Centre of East Algoma (CCEA)

Counselling and crisis services
<http://www.counsellingeastalgoma.ca>
705-848-2585

Health Sciences North - Mental Health Services
Counselling services 16+ with mental health concerns
www.hsnsudbury.ca
705.848.9131

Here 24/7

Various counselling and mental health services and referrals (youth and adults)
www.here247.ca/
1 844 437 3247

Canadian Mental Health Association - Niagara

Walk-in counselling services (16+, Thursdays 11:30am-7pm)
Counselling services by appointment
905-641-5222
<http://cmhaniagara.ca/>

Family Services York Region

face-to-face and online counselling for all ages, sliding scale, subsidies for youth <18
<http://www.fsyr.ca>
905-476-3611

Georgina Nurse-Led Practitioners Clinic

Counselling services (for Georgina residents and patients of the clinic only - call to get on the waitlist)
<http://www.gnplc.ca/services-and-programs/counselling-services/>
905-722-3251

Kinark Child and Family Services

Youth counselling services
<https://www.kinark.on.ca/>
905-474-9395 or 1-800-230-8530 (Georgina office)
1-888-454-6275 (central intake)

Grimbsy Life Centre

Counselling services for youth and adults
<http://www.grimbsylife.org/>
905-309-0944

Algoma Family Services

Youth and adult mental health services
<http://www.algomafamilyservices.org>

Hôtel-Dieu Grace Healthcare

Extensive adult, adolescent, and children mental health services. Located in Windsor, but possible satellite location in or close to Essex.

<http://www.hdgh.org/>
(519) 257-5111

Bridges Community Health Centre

Mental health assessments, counselling, and community referrals.

<http://www.bridgeschc.ca/>
(905) 871-7621

Canadian Mental Health Association Niagara Branch

Various mental health services
905-641-5222
<http://cmhaniagara.ca/>

Niagara Health - Douglas Memorial

Outpatient mental health services (for severe mental health issues)

www.niagarahealth.on.ca/site/fort-erie-location
905.378.4647

West Niagara Mental Health

Various mental health services (16+)
<https://www.westniagamentalhealth.com/>
(905)309-3336

Guelph:

Distress Line
24/7 crisis line
519-745-1166

Youth Distress Line
24/7 crisis line (<18)
519-745-1166

Haldimand:

Crisis Assessment and Support Team (CAST)
24/7 crisis line (16+)
1-866-487-2278

Halimand-Norfolk REACH
24/7 crisis line with possibility for face-to-face meet-up/follow-up (<18)
www.hnreach.on.ca/crisis-service-for-children-youth-families/
1-866-327-3224

Halton Hills:

Crisis Outreach and Support Team (COAST)
24/7 mobile crisis team
1-877-825-9011

ROCK crisis line
24/7 Crisis Line (<18)
905-878-9785

Hamilton:

Crisis Outreach and Support Team (COAST)
24/7 crisis line and mobile crisis team
http://coasthamilton.ca/
905-972-8338

Hawkesbury:

Mental Health Crisis Line
24/7 crisis line and mobile crisis team
1-866-996-0991

Huntsville:

Simcoe & Muskoka Area Crisis Line
24/7 crisis line
1-888-893-8333

Canadian Mental Health Association
Waterloo Wellington Branch
Counselling services (18+)
http://cmhaww.ca/
1-844-CMHA-WW3 (264-2993)

Family Counselling and Support Services
Counselling services
https://familyserviceguelph.on.ca/
(519) 824-2431

Here 24/7
Various counselling and mental health services and referrals (youth and adults)
www.here247.ca/
1 844 437 3247
Community Addictions & Mental Health Services of Haldimand & Norfolk
Counselling and mental health services (16+)
http://www.camhs.ca/pages/1/Home
1-877-909-4357

Halimand-Norfolk REACH
Walk in counselling (<18, Tuesdays noon-6:30pm, transportation available)
Counselling services by appointment (<18)
http://www.hnreach.on.ca/
519-587-2441

Canadian Mental Health Association
Halton Regional Branch
Counselling and support services
Weekly walk-in counselling
http://halton.cmha.ca/
(905) 693-4270 or 1-877-693-4270

Reach Out Centre for Kids (ROCK)
Counselling and support services
http://rockonline.ca
905-634-2347

Centre de Sante Communautaire
Counselling services for French speaking youth and adults
http://www.cschn.ca/
905-528-0163 / 1-866-437-7606

De Dwa Da Dehs NYE>S Aboriginal Health Centre
Counselling and mental health services for Aboriginal youth, families, and adults.
http://aboriginalhealthcentre.com/
(905) 544-4320

Family Counselling Centre of Brant
Counselling services (sliding scale, subsidies may be available)
http://fccb.ca/
905-574-5151

Women's Centre of Hamilton
Counselling service s for women
https://intervalhousehamilton.org/womenscentre
905-522-0127 (for counseling appointments ext. 210)

HERE 24/7
24/7 information and referral line for local mental health and crisis services - does intake, assessments, referrals, and appointment booking.
1 844 437 3247
http://here247.ca/

Canadian Mental Health Association
Hamilton Branch
Various mental health services
http://cmhahamilton.ca/
905-521-0090

Hamilton Mental Health Outreach
Various mental health services
http://www.hamiltonmentalhealthoutreach.ca/home.html
(905) 528-0683

Mental Health Rights Coalition
Peer support and drop-in services
www.mentalhealthrights.ca/home.html
905-545-2525

Canadian Mental Health Association
Champlain East Branch
Various mental health services
http://www.cmha-east.on.ca/
(705) 444-2558

Hawkesbury General Hospital
Various mental health services (16+)
http://hgh.ca/programs-services/mental-health-addiction/
1-844-304-1414

Canadian Mental Health Association
Huntsville Branch
Counselling services
http://mps.cmha.ca/
705-789-8891

Ingersoll:

**Close to London, can also refer to services there?

Reach Out 24/7
24/7 crisis line (phone or chat) and mobile crisis team
www.reachout247.ca
1-866-933-2023

Canadian Mental Health Association
Oxford Branch
Walk-in counselling services (Tuesdays 3-8, other days available in neighbouring communities)
www.cmhaoxford.on.ca/programs/walk-in-counselling/
519-539-8055

Oxford-Elgin Child and Youth Centre
Counselling by appointment (<18)
Walk-in counselling (<18, Tuesdays and Thursdays 10am-6pm)
http://www.ocyc.on.ca/counselling
(519) 539-0463 or 1-877-539-0463

Canadian Mental Health Association
Oxford Branch
Various mental health services
www.cmhaoxford.on.ca/
519-539-8055

Woodstock Hospital
Counselling services
www.wgh.on.ca/display/PS/Child%2C+Youth+and+Adult+Mental+Health+Services
519.421.4223 extension 2342

Innisfil:

**close to Barrie, so can refer to services there?

Simcoe & Muskoka Area Crisis Line
24/7 crisis line
1-888-893-8333

Telecare Distress Line of Greater Simcoe
24/7 crisis and support line
705-325-9534 or 705-726-7922.

New Path Youth and Family Services of Simcoe County
Counselling for **youth (14-18)**
http://newpath.ca/programs/adolescent-outreach-2/
Contact info@newpath.ca or 1-866-566-7656

Chimo Youth & Family Services
Clinical counselling services for **ages 0-18**
Need parent/guardian to refer
http://www.chimoyouth.ca/
705-324-3300 (select intake and leave message for referral)

Canadian Mental Health Association
Haliburton, Kawartha, and Pine Ridge Branch
Various mental health services
http://cmhahkpr.ca/
(705) 328-2704 or 1 (888) 454-8875

Kawartha Lakes:

Four County Crisis
24/7 crisis line and mobile crisis team
705-745-6484 or 1-866-995-9933

Community Counselling @ Ross Memorial Hospital
Counselling services **(16+)**
https://rmh.org/programs-and-services/community-counselling
705-328-6064 or 705-324-6111 ext. 8221

Canadian Mental Health Association
Kenora Branch
Counselling and support services
http://www.cmhak.on.ca/index.php
1 (807) 468-1838

Kenora:

Crisis Response Services
Kenora & Rainy River District
24/7 crisis line
1-866-888-8988

Lake of the Woods District Hospital
Adult **(16+)** and aboriginal counselling services
http://www.lwdh.on.ca/index.php
807.468.9861 Ex. 2243

Addictions & Mental Health Services of Kingston
Frontenac Lennox & Addington (AMHSKFLA)
Counselling services
http://www.amhs-kfla.ca/
613-544-4229

Kingston:

AMHSKFLA Crisis Services
24/7 crisis line
Mobile crisis team (8:30am-midnight)
Walk-in crisis services (8:30am-4pm)
http://www.amhs-kfla.ca/services1/crisis-services/
1.866.616.6005

K3C Community Counselling Centre
Youth counselling services (**13-25**, low-cost)
Women's counselling service (**victims of abuse**, free)
Family & couple counselling services (low-cost)
http://www.k3c.org/
1 (613) 549-7850

Canadian Mental Health Association
Kingston Branch
Various mental health services
www.cmhakingston.com/
613 549-7027

Distress Line Kingston
Crisis line (**7pm-3am**)
http://telephoneaidlinekingston.com/
613-544-1771

Pathways for Children and Youth
Walk-in counselling services (**<18**, Tuesdays noon-6:45pm)
http://www.pathwayschildrenyouth.org/index.cfm
613.546.8535

Kingsville:

**All counselling services in Windsor are available to folks in Kingsville

Community Crisis Centre
24/7 crisis line (**16+**)
Mobile crisis team (**16+, noon-8pm Mon-Sat**)
(519) 973-4435

Distress Centre Windsor-Essex County
Crisis line (**noon-midnight**)
519-256-5000

Family Services Windsor-Essex Counselling & Advocacy Centre
Weekly walk-in counselling (**Tuesday 4pm-8pm, sliding scale, subsidies available**)
http://familyserviceswe.ca/walkincounselling
519-966-5010

Hôtel-Dieu Grace Healthcare
Extensive adult, adolescent, and children mental health services. **Located in Windsor**, but possible satellite location in or close to Kingsville.
http://www.hdgh.org/
(519) 257-5111

Kitchener:

**Close to Cambridge and Waterloo

Distress Line
24/7 crisis line
519-745-1166

Youth Distress Line
24/7 crisis line (<18)
519-745-1166

Lakeshore:

**All counselling services in Windsor are available to folks in Lakeshore

Community Crisis Centre
24/7 crisis line (16+)
Mobile crisis team (16+, noon-8pm Mon-Sat)
(519) 973-4435

Distress Centre Windsor-Essex County
Crisis line (noon-midnight)
519-256-5000

Community Crisis Centre
24/7 crisis line (16+)
Mobile crisis team (16+, noon-8pm Mon-Sat)
(519) 973-4435

LaSalle:

**All counselling services in Windsor are available to folks in LaSalle

Distress Centre Windsor-Essex County
Crisis line (noon-midnight)
519-256-5000

Community Crisis Centre
24/7 crisis line (16+)
Mobile crisis team (16+, noon-8pm Mon-Sat)
(519) 973-4435

Leamington:

**All counselling services in Windsor are available to folks in Leamington

Distress Centre Windsor-Essex County
Crisis line (noon-midnight)
519-256-5000

COAST:
24/7 crisis line and mobile crisis team
1-866-550-5205

Lincoln:

**Refer to services in St. Catharines

Distress Centre Niagara
24/7 crisis line
<http://distresscentreniagara.com/>
905-563-6674

Pathstone Mental Health
24/7 crisis line and mobile crisis team (<18)
<https://www.pathstonementalhealth.ca/>
1-800-263-4944

Canadian Mental Health Association
24/7 walk-in crisis services in London (16+, 648 Huron St)
Walk-in crisis services in Strathroy (16+, 8:30-4:30, 21 Richmond Street)
www.cmhamiddlesex.ca/programs-services/crisis-services/
519-434-9191

London:

Reach Out 24/7
24/7 crisis line (phone or online chat)
www.reachout247.ca
1-866-933-2023

The Support Line
24/7 emotional support line (16+, not appropriate for anyone in crisis in which case refer to the Reach Out line)
519-601-8055 or 1 (844) 360-8055

WAYS Mental Health Support
24/7 crisis line (13-18)
519-433-0334

Canadian Mental Health Association
Waterloo Wellington Branch
Counselling services (18+)
<http://cmhaww.ca/>
1-844-CMHA-WW3 (264-2993)

Front Door
Walk-in counselling services (>18, Tuesdays and Thursdays)
<http://frontdoormentalhealth.ca/content/walk-and-township-services>

Here 24/7
Various counselling and mental health services and referrals (youth and adults)
www.here247.ca/
1 844 437 3247

Canadian Mental Health Association
Waterloo Wellington Branch
Various mental health services for youth and adults
<http://cmhaww.ca/>
1-844-CMHA-WW3 (264-2993)

Hôtel-Dieu Grace Healthcare
Extensive adult, adolescent, and children mental health services. Located in Windsor, but possible satellite location in or close to Lakeshore.
<http://www.hdgh.org/>
(519) 257-5111

Hôtel-Dieu Grace Healthcare
Extensive adult, adolescent, and children mental health services. Located in Windsor, but possible satellite location in or close to LaSalle.
<http://www.hdgh.org/>
(519) 257-5111

Family Services Windsor-Essex Counselling & Advocacy Centre
Weekly walk-in counselling (Monday 10am - 4pm, sliding scale, subsidies available)
<http://familyserviceswe.ca/walkincounselling>
519-966-5010

Hôtel-Dieu Grace Healthcare
Extensive adult, adolescent, and children mental health services. Located in Windsor, but possible satellite location in or close to Leamington.
www.hdgh.org/
(519) 257-5111

Family Services Thames Valley
Counselling services (fees based on income)
Walk-in counselling (Tuesdays 1-6pm)
www.familyservicethamesvalley.com/
519-433-0183

Vanier Children's Services
Walk-in counselling (12-18), various locations on various days of the week across London
[www.vanier.com/programs--services/talk-in-clinics-\(1\).aspx](http://www.vanier.com/programs--services/talk-in-clinics-(1).aspx)

Canadian Mental Health Association
Middlesex Branch
Adult and youth mental health services
www.cmhamiddlesex.ca
905-841-3977 or 1-866-345-0183

WAYS Mental Health Support
Counselling by appointment (13-18)
Walk-in counselling (12-17, various days, various locations)
www.ways.on.ca/
519-433-0334

Markham:

Community Crisis Response Service
24/7 crisis line
24/7 mobile crisis team
Other crisis services
<http://www.yssn.ca/crisis-response-services>
1-855-310-COPE (2673)

Midland:

Simcoe & Muskoka Area Crisis Line
24/7 crisis line
1-888-893-8333

Telecare Distress Line of Greater Simcoe
24/7 crisis and support line
705-325-9534 or 705-726-7922.

Milton:

Crisis Outreach and Support Team (COAST)
24/7 mobile crisis team
1-877-825-9011

ROCK crisis line
24/7 Crisis Line for youth <18
905-878-9785

Mississauga:

24.7 Crisis Support Peel
24/7 crisis line (16+)
905-278-9036

Peel's Children's Centre Crisis Response
24/7 crisis line (<18, or parents of someone <18)
416-410-8615

Specta Helpline
24/7 emotional support and crisis line
905-459-7777

Mississippi Mills:

**Close to Ottawa, can refer to services there?

Mental Health Crisis Line of Leeds and Grenville
24/7 crisis line (16+)
1-866-281-2911

Canadian Mental Health Association
York and South Simcoe Branch
adult and youth counselling services
youth (12-25) walk-in clinic
<http://cmha-yr.on.ca/>
905-841-3977 or 1-866-345-0183

Family Services York Region
face-to-face and online counselling for all ages,
sliding scale, subsidies for youth <18
<http://www.fsyr.ca>
Tel: 905-415-9719 or 1-866-415-9723

Catholic Family Services of Simcoe County
Midland Branch
Weekly walk-in counselling services
www.cfssc.ca
(705) 726-2503 or 1-888-726-2503

CMHA Midland Youth Project
Counselling services for youth (14-24)
www.cmhastartalking.ca/youth_services
(705) 526-0393 ext. 405

Kinark Child and Family Services
Youth counselling services
<https://www.kinark.on.ca/>
1-800-230-8529 (Midland office)
1-888-454-6275 (central intake)
Canadian Mental Health Association
Halton Regional Branch
Counselling and support services
Weekly walk-in counselling
<http://halton.cmha.ca/>
(905) 693-4270 or 1-877-693-4270

Reach Out Centre for Kids (ROCK)
Counselling and support services
<http://rockonline.ca>
905-875-2575

Canadian Mental Health Association
Peel Dufferin Branch
Counselling services (16+)
905-451-2123
<https://cmhapeeldufferin.ca/>

Morneau Shepell
In-person and online therapy for youth (<19?)
<http://childrensupportolutions.com/>
1-866-653-2397

Peel's Children's Centre
Counselling services (<18)
<http://www.peelcc.org/en/services>
905-451-4655

Rapport Youth and Family Services
Counselling services (12-20)
<http://www.rapportyouth.com/index.html>
905 455-4100 ext. 225

Tangerine Walk-in Counselling
Walk-in counselling services (12-20, Thursdays)
<http://www.tangerinewalkin.com/>
905-795-3530

Children's Mental Health of Leeds & Grenville
Counselling services (6-18)
www.cmhlg.ca
1.800.809.2494

Lanark, Leeds, Grenville Addictions and Mental Health
Counselling services (16+)
www.llgamh.ca/
1.866.499.8445

Open Doors
Counselling services (12-17, at-risk youth)
www.opendoors.on.ca/
1 (877) 232-8260

Canadian Mental Health Association
York and South Simcoe Branch
Adult and youth mental health services
cmha-yr.on.ca/
905-841-3977 or 1-866-345-0183

Markham Stouffville Hospital – Child and Adolescent Mental Health Services
Mental health assessment and treatment for youth (<19)
www.msh.on.ca
905 472 7530

York Support Services Network
Various mental health services
www.yssn.ca/
905 898-6455 or 1 866-257-9776

Canadian Mental Health Association
Simcoe County Branch
Various mental health services
www.cmhastartalking.ca/index
(705) 527-8738

Canadian Mental Health Association
Peel Dufferin Branch
Various mental health services
905-451-2123
<https://cmhapeeldufferin.ca/>

Lanark, Leeds, Grenville Addictions and Mental Health
Various mental health services (16+)
www.llgamh.ca/
1.866.499.8445

Napanee:
**Refer to services in Kingston

AMHSKFLA Crisis Services
24/7 crisis line
Mobile crisis team (8:30am-midnight)
Walk-in crisis services (8:30am-4pm)
<http://www.amhs-kfla.ca/services1/crisis-services/>
1.866.616.6005

Newmarket:

Distress Line Kingston
Crisis line (7pm-3am)
613-544-1771
<http://telephoneaidlinekingston.com/>

York Community Crisis Response Service
24/7 crisis line
24/7 mobile crisis team
Other crisis services
<http://www.yssn.ca/crisis-response-services>
1-855-310-COPE (2673)

New Tecumseth/Alliston:

Simcoe & Muskoka Area Crisis Line
24/7 crisis line
1-888-893-8333

Telecare Distress Line of Greater Simcoe
24/7 crisis and support line
705-325-9534 or 705-726-7922.

COAST:
24/7 crisis line and mobile crisis team
1-866-550-5205

Niagara Falls:
**Can also refer to services in St. Catharines or Welland

Distress Centre Niagara
24/7 crisis line
<http://distresscentreniagara.com/>
905-688-3711

Pathstone Mental Health
24/7 crisis line and mobile crisis team (<18)
<https://www.pathstonementalhealth.ca/>
1-800-263-4944

COAST:
24/7 crisis line and mobile crisis team
1-866-550-5205

Niagara-on-the-Lake:
**Refer to services in Niagara Falls or St. Catharines

Distress Centre Niagara
24/7 crisis line
<http://distresscentreniagara.com/>
905-688-3711

Pathstone Mental Health
24/7 crisis line and mobile crisis team (<18)
<https://www.pathstonementalhealth.ca/>
1-800-263-4944

Crisis Assessment and Support Team (CAST)
24/7 crisis line (16+)
1-866-487-2278

Norfolk:

Halimand-Norfolk REACH
24/7 crisis line with possibility for face-to-face meet-up/follow-up (<18)
www.hnreach.on.ca/crisis-service-for-children-youth-families/
1-866-327-3224

Canadian Mental Health Association
York and South Simcoe Branch
adult and youth counselling services
youth (12-25) walk-in clinic
<http://cmha-yr.on.ca/>
905-841-3977 or 1-866-345-0183

Family Services York Region
face-to-face and online counselling for all ages, sliding scale, subsidies for youth <18
<http://www.fsyr.ca>
905-895-2371 or 1-888-223-3999

Catholic Family Services of Simcoe County
Alliston Branch
Adult, youth (12+), and family counselling
<http://cfssc.ca/>
(705) 726-2503 or 1-888-726-2503

New Path
Youth (<18) and family counselling
www.newpath.ca
705-725-7656 or 1-866-566-7656

Canadian Mental Health Association - Niagara
Walk-in counselling services (16+ , Wednesdays 11:30am-7pm)
Counselling services by appointment
905-641-5222
<http://cmhaniagara.ca/>

Community Addictions & Mental Health Services of Haldimand & Norfolk
Counselling and mental health services (16+)
<http://www.camhs.ca/pages/1/Home>
1-877-909-4357

Halimand-Norfolk REACH
Walk in counselling (<18 , Tuesdays noon-6:30pm, transportation available)
Counselling services by appointment (<18)
<http://www.hnreach.on.ca/>
519-587-2441

Canadian Mental Health Association
York and South Simcoe Branch
Adult and youth mental health services
<http://cmha-yr.on.ca/>
905-841-3977 or 1-866-345-0183

York Regional Community Clinic
Mental health and psychiatric services
<http://www.ontarioshores.ca/cms/one.aspx?portalId=169&pageId=12578>
905-895-4242

York Support Services Network
Various mental health services
<http://www.yssn.ca/>
905 898-6455 or 1 866-257-9776

Canadian Mental Health Association
Simcoe County Branch
Various mental health services
www.cmhastarttalking.ca/index
(705) 435-3594

Canadian Mental Health Association - Niagara Branch
Various mental health services
905-641-5222
<http://cmhaniagara.ca/>

Niagara Health - Niagara Falls location
Outpatient mental health services (for severe mental health issues)
www.niagarahealth.on.ca/site/niagara-falls-site
905.378.4647

Canadian Mental Health Association
Brant Haldimand Norfolk
Various mental health services
<http://bhn.cmha.ca/>
519-752-2998

Community Addiction and Mental Health Services of Haldimand & Norfolk
Various mental health services
<http://www.camhs.ca/>
1-877-909-4357

North Bay:	<u>North Bay Regional Health Centre Crisis Services</u> 24/7 crisis line 705-495-8198 or 1-800-352-1141	<u>Community Counselling Centre of Nipissing</u> Counselling services (focus on abuse) http://www.ccnip.com/ 705-472-6515	<u>North Bay Regional Health Centre</u> Various mental health services http://www.nbrhc.on.ca/ 705-474-8600
Oakville:	<u>Crisis Outreach and Support Team (COAST)</u> 24/7 mobile crisis team 1-877-825-9011	<u>Canadian Mental Health Association Halton Regional Branch</u> Counselling and support services Weekly walk-in counselling http://halton.cmha.ca/ (905) 693-4270 or 1-877-693-4270	
	<u>ROCK crisis line</u> 24/7 Crisis Line <i>for youth <18</i> 905-878-9785	<u>Reach Out Centre for Kids (ROCK)</u> Counselling and support services http://rockonline.ca 905-339-3525	
Orangeville:	<u>Distress Line</u> 24/7 crisis line (<i>16+</i>) 519-745-1166	<u>Dufferin Child & Family Services</u> Walk-in counselling (<i><18</i> , Tuesdays) Counselling by appointment (<i><18</i>) www.dcafs.on.ca/ 519.941.1530	<u>Canadian Mental Health Association Waterloo Wellington Dufferin Branch</u> Various mental health services www.cmhwww.ca/ 519-941-0465
	<u>Here 24/7 Crisis Line</u> 24/7 crisis line and crisis services www.here247.ca/ 1 844 437 3247	<u>Here 24/7</u> Various counselling and mental health services and referrals (youth and adults) www.here247.ca/ 1 844 437 3247	
	<u>Youth Distress Line</u> 24/7 crisis line (<i><18</i>) 519-745-1166		
Orillia:	<u>Simcoe & Muskoka Area Crisis Line</u> 24/7 crisis line 1-888-893-8333	<u>Catholic Family Services of Simcoe County Orillia Branch</u> Adult, youth (<i>12+</i>), and family counselling Weekly walk-in counselling services http://cfssc.ca/ (705) 726-2503 or 1-888-726-2503	<u>Orilla Solider's Memorial Hospital Community Mental Health Service</u> Mental health clinic and case management www.osmh.on.ca T: (705) 325-2201 ext. 3122
		<u>New Path</u> Youth (<i><18</i>) and family counselling www.newpath.ca 705-725-7656 or 1-866-566-7656	<u>Canadian Mental Health Association Simcoe County Branch</u> Various mental health services www.cmhastartalking.ca/index (705) 329-5846 or 1-888-329-5846
Oshawa:	<u>Crisis Access Linkage Line (CALL)</u> 24/7 crisis line Mobile crisis team (<i>10am-8pm</i>) 905-666-0483 or 1-800-742-1890 http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/	<u>Frontenac Youth Services</u> Counselling services (<i>12-18</i>) http://frontenacyouthservices.org/ 1-888-454-6275	
	<u>Distress Centre Durham Crisis Line</u> 24/7 crisis line 905-430-2522 or 1-800-452-0688	<u>John Howard Society of Durham Region</u> Counselling services http://johnhoward.on.ca/durham/community-justice-services/individual-counselling/ 905-427-8165	<u>Durham Mental Health Services</u> Mental health support (<i>16+</i>) http://dmhs.ca/cause/community-support-program/ (905) 666-0831 or 1-855-888-DMHS (3647)
		<u>Kinark Child and Family Services</u> Youth counselling services https://www.kinark.on.ca/ Oshawa office: (905) 474-9595 1-888-454-6275 (central intake)	
		<u>Oshawa Community Health Centre</u> Counselling services (<i>to current patients</i>) http://www.ochc.ca/services/counselling 905 723 0036	

Ottawa:

****Click on Counselling Column to get all 12+ options.**

****Most (not all) of the counselling services in Ottawa are only available to residents in certain catchment areas (wards).**

Crisis Line
24/7 crisis line (**16+** , services available in French)
613-722-6914
www.crisisline.ca/

Distress Line (Ottawa/Gatineau)
24/7 crisis line (**16+** , services available in French)
613-238-3311

Youth Services Bureau
24/7 crisis line (**<18**)
613-260-2360 or 1-877-377-7775
Online chat (<18, Thursday - Sunday 4-10pm)
www.chat.ysb.com

Catholic Family Services
Counselling services (*sliding scale*)
http://www.cfsottawa.ca/en/
613-233-8478

Centretown Community Centre
Counselling services (*only for people working or living in Ottawa South, the Glebe and Centretown*)
Walk-in social and crisis support (M-F 1pm-4pm)
https://www.centretownchc.org/
613-233-4443 x 2109

Family Services Ottawa
Youth, adult, and family counselling
www.familyservicesottawa.org/
613-725-3601

Nepean, Rideau and Osgoode Community Resource Centre (NROCRC)
Youth and adult counselling services (*only for people for living in Nepean, Rideau and Osgoode*)
http://www.nrocr.org/
613.596.5626

Sandy Hill Community Health Services
Counselling services
www.shchc.ca/
613-789-8941

Canadian Mental Health Association
Grey Bruce Branch
Drop-in counselling (Thursdays 1-3pm)
http://www.cmhagb.org/find-help/
519-371-3642

Grey Bruce Community Mental Health Team
Counselling services (**16+ with severe mental illness**)
https://www.mhagb.ca/content/brief-counselling-services
519-371-8850 or 1-877-888-5855

Keystone Child, Youth & Family Services
Counselling services (**<18**)
www.keystonebrucegrey.org
519-371-4773

Grey Bruce Health Services Crisis Team
24/7 crisis line
519-376-2121 (Ask for Crisis Team)

Mental Health Crisis Line of Grey & Bruce
24/7 crisis line **16+**
1-877-470-5200

Owen Sound:

COAST:
24/7 crisis line and mobile crisis team
1-866-550-5205

Distress Centre Niagara
24/7 crisis line
http://distresscentreniagara.com/
905-688-3711

Pathstone Mental Health
24/7 crisis line and mobile crisis team (**<18**)
https://www.pathstonementalhealth.ca/
1-800-263-4944

Pelham:

**Refer to services in St. Catharines or Welland

Pembroke:

Crisis Line
24/7 crisis line (**16+** , services available in French)
1.866.996.0991
www.crisisline.ca/

Phoenix Centre for Children and Families
Walk-in counselling (Tuesdays 2-7pm, **<18**)
http://www.phoenixpembroke.com/service/walk-in-counselling/
613-735-2374

Robbie Dean Centre
Walk-in crisis counselling (Wednesdays 3-7pm)
https://robbiedeancentre.com/suicide-prevention-crisis-walk-clinics/
(613) 629-4243

Phoenix Centre for Children and Families
Walk-in counselling (Every second Wednesday, 2-7pm, **<18**)
http://www.phoenixpembroke.com/service/walk-in-counselling/
613-735-2374

Petawawa:

Crisis Line
24/7 crisis line (**16+** , services available in French)
1.866.996.0991
www.crisisline.ca/

Robbie Dean Centre
Walk-in crisis counselling (Fridays, by appointment)
https://robbiedeancentre.com/suicide-prevention-crisis-walk-clinics/
(613) 629-4243

Canadian Mental Health Association - Ottawa Branch
Various mental health services
www.ottawa.cmha.ca/
613-737-7791

Pinecrest-Queensway Community Health Centre
Various mental health services (several language options)
http://www.pqchc.com/
613-820-4922

The Royal
Various mental health services
www.theroyal.ca/mental-health-centre/

Canadian Mental Health Association
Grey Bruce Branch
Various mental health services
http://www.cmhagb.org/find-help/
(519) 371-3642

Grey Bruce Community Mental Health Teams (North Grey Team)
Mental health services, **16+ with severe mental illness**
https://www.mhagb.ca/content/community-mental-health-teams
519-371-8850 or 1-877-888-5855

HopeGreyBruce Mental Health & Addictions Services
Peer support and support groups
http://www.hopegb.org/content/consumersurvivor-development-project
(519) 371-4582

Mental Health Services of Renfrew County
Various mental health services
http://www.pemreghos.org/mentalhealthservices
(613) 732-8770 ext. 8006 / Toll Free: 1-800-991-7711 ext. 8006

Mental Health Services of Renfrew County
Various mental health services
http://www.pemreghos.org/mentalhealthservices
(613) 732-8770 ext. 8006 / Toll Free: 1-800-991-7711 ext. 8006

Peterborough:

Four County Crisis
24/7 crisis line
mobile crisis team
705-745-6484 or 1-866-995-9933

Pickering:

Crisis Access Linkage Line (CALL)
24/7 crisis line
Mobile crisis team (10am-8pm)
905-666-0483 or 1-800-742-1890
<http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/>

Distress Centre Durham Crisis Line
24/7 crisis line
905-430-2522 or 1-800-452-0688

COAST:
24/7 crisis line and mobile crisis team
1-866-550-5205

Port Colborne:

**Can refer to services in St. Catharines or Welland

Distress Centre Niagara
24/7 crisis line
<http://distresscentreniagara.com/>
905-734-1212

Pathstone Mental Health
24/7 crisis line and mobile crisis team (<18)
<https://www.pathstonementalhealth.ca/>
1-800-263-4944

Port Hope:

**Kind of close to Oshawa, could refer to services there?

Four County Crisis
24/7 crisis line and mobile crisis team
705-745-6484 or 1-866-995-9933

Point Edward:

**Can refer to services in Sarnia

Distress Line Sarnia
24/7 crisis line
(519) 336-3000 or toll-free 1-888-DISTRES

Lambton Mental Health Crisis Line
24-7 crisis line
519-336-3445 or toll free: 1-800-307-4319

Prince Edward:

**refer to services in Belleville or Quince West

Open Line Open Mind
24/7 mental health support, crisis, and referral line
<http://www.openlineopenmind.com/index.html>
310-OPEN (6736)

Quinte West:

**can refer to services in Belleville (more options)

Open Line Open Mind
24/7 mental health support, crisis and referral line
<http://www.openlineopenmind.com/index.html>
310-OPEN (6736)

Community Counselling and Resource Centre
Counselling for all ages (sliding scale, subsidies available)
http://www.ccrcc-ptbo.com/10/Community_Counselling.htm
(705) 742-4258

Kinark Child and Family Services
Youth counselling services
<https://www.kinark.on.ca/>
1-800-386-6561 (Peterborough office)
1-888-454-6275 (central intake)
Frontenac Youth Services
Counselling services (12-18)
<http://frontenacyouthservices.org/>
1-888-454-6275

The Shonkier Clinic
Counselling services (<19) with physical referral
<http://www.rougevalley.ca/shoniker-clinic>
416-281-7301

The Youth Centre
Youth health and counselling services (13-29)
<http://www.theyouthcentre.ca/index.php>
905-428-1212

Kinark Child and Family Services
Youth counselling services (located in Cobourg)
<https://www.kinark.on.ca/>
1-800-230-8533 (Cobourg office)
1-888-454-6275 (central intake)

Northumberland Child Development Centre
Access to counselling services (<30)
www.ncdcent.com/index.php?option=com_content&view=article&id=130&Itemid=129
905-885-8137 Ext. 227 (Ask for Courtney MacDonald)

St. Clair Child & Youth Services
Walk-in counselling (Tue 12-6:30pm; Thursdays 9am-noon, <18)
<http://www.stclairchild.ca/walk-in-clinic>

Children's Mental Health Services
Counselling and therapy (>18)
<http://cmhs-hpe.on.ca/>
613-392-4331

Crisis Intervention Centre
Crisis counselling (16+)
<http://www.qhc.on.ca/crisis-intervention-centre-p1956.php>
613-969-7400, ext. 2753 or 613-969-5511 ext. 2753

Trenton Military Family Resource Centre
Counselling for all ages (for military members or their family, also has services for civilian women)
<https://trentonmfrc.ca/wellness>
(613) 965-3575

Canadian Mental Health Services
Haliburton, Kawartha, Pine Ridge Branch
Various mental health services
<https://cmhahkpr.ca/>
705) 748-6711 or 1 (866) 990-9956

Peterborough Regional Health Centre
Various mental health services
<https://www.prhc.on.ca/cms/regional-mental-health>

Durham Mental Health Services
Mental health support (16+)
<http://dmhs.ca/cause/community-support-program/>
(905) 666-0831 or 1-855-888-DMHS (3647)

Bridges Community Health Centre
Mental health assessments, counselling, and community referrals.
<http://www.bridgeschc.ca/>
(905) 871-7621

Niagara Health - Port Colborne location
Various mental health services (for severe mental health issues)
www.niagarahealth.on.ca/site/port-colborne-site
905.378.4647

St. Clair Child & Youth Services
Various mental health /family services (<18)
<http://www.stclairchild.ca>
(519) 337-3701

Renfrew:

Crisis Line
24/7 crisis line (16+, services available in French)
1.866.996.0991
www.crisisline.ca/

Richmond Hill:

**Close to Markham and Vaughan, could refer to services there?

Community Crisis Response Service
24/7 crisis line
24/7 mobile crisis team
Other crisis services
http://www.yssn.ca/crisis-response-services
1-855-310-COPE (2673)

Sarnia:

Distress Line Sarnia
24/7 crisis line
(519) 336-3000 or toll-free 1-888-DISTRES

Lambton Mental Health Crisis Line
24-7 crisis line
519-336-3445 or toll free: 1-800-307-4319

Saugeen Shores:

Grey Bruce Health Services Crisis Team
24/7 crisis line
519-376-2121 (Ask for Crisis Team)

Mental Health Crisis Line of Grey & Bruce
24/7 crisis line 16+
1-877-470-5200

Scarborough:

**close to Toronto, could offer services there?

Crisis Access Linkage Line (CALL)
24/7 crisis line
Mobile crisis team (10am-8pm)
905-666-0483 or 1-800-742-1890
http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/

Distress Centre Durham Crisis Line
24/7 crisis line
905-430-2522 or 1-800-452-0688

Scarborough Hospital Regional Mobile Crisis Team
24/7 mobile crisis team
416-495-2891

Sault Ste. Marie:

Crisis Response Service
24/7 crisis line and mobile crisis team
1-800-721-0077.

St. Catharine's:

COAST:
24/7 crisis line and mobile crisis team
1-866-550-5205

Distress Centre Niagara
24/7 crisis line
http://distresscentreniagara.com/
905-688-3711

Pathstone Mental Health
24/7 crisis line and mobile crisis team (<18)
https://www.pathstonementalhealth.ca/
1-800-263-4944

Phoenix Centre for Children and Families
Walk-in counselling (Thursday, 2-7pm, <18)
http://www.phoenixpembroke.com/service/walk-in-counselling/
613-432-7936

Robbie Dean Centre
Walk-in crisis counselling (Tuesdays by appointment, Thursdays 3-7pm)
https://robbiedeancentre.com/suicide-prevention-crisis-walk-clinics/
(613) 629-4243

Family Services York Region
face-to-face and online counselling for all ages, sliding scale, subsidies for youth <18
http://www.fsyr.ca
905-883-6572 or 1-888-820-9986

Family Counselling Centre
Counselling services for all ages (sliding scale, subsidies available)
http://www.familycounsellingctr.com/
519-336-0120

THE HUB/St Clair Child & Youth Services
Walk-in counselling (Wed 3-5pm <18)
http://www.stclairchild.ca/walk-in-clinic
http://www.reboundonline.com/programs-and-services/the-hub

Grey Bruce Community Mental Health Teams
Offers counselling services in neighbouring communities, 16+ with severe mental illness
https://www.mhagb.ca/category/mental-health-programs/mental-health-services
1-877-888-5855

Frontenac Youth Services
Counselling services (12-18)
http://frontenacyouthservices.org/
1-888-454-6275

The Shonkier Clinic
Counselling services (<19) with physical referral
http://www.rougevalley.ca/shoniker-clinic
416-281-7301

What's up Walk-in
Walk-in counselling (several days per week, check website for days and times)
http://www.whatsupwalkin.ca/
416-438-3697

Canadian Mental Health Association
Sault Ste. Marie Branch
Counselling services 16+
Weekly walk-in counselling any age
http://ssm-algoma.cmha.ca/
705-759-0458

Canadian Mental Health Association - Niagara
Counselling services (16+)
905-641-5222
http://cmhaniagara.ca/

Family Counselling Centre
Counselling services for youth and adults
www.facsniagara.on.ca/counselling/
(905) 937-7731

RAFT (Resource Association for Teens)
Crisis counselling, emotional support, and various social supports for youth (<19, drop-in 6-10pm)
www.theraft.ca/site/home
(905) 984-4365

Mental Health Services of Renfrew County
Various mental health services
http://www.pemregos.org/mentalhealthservices
(613) 732-8770 ext. 8006 / Toll Free: 1-800-991-7711 ext. 8006

MacKenzie Health
Mental health services for youth (6-18) with severe mental health symptoms, referral from physician required
http://mackenziehealth.ca/patient_services_mental_health_page.php?id=371
905-883-2137

Canadian Mental Health Association
Lambton Kent Branch
Various mental health services
http://lambtonkent.cmha.ca/
519.337.5411 or 1-855-211-2642

Lambton Mental Wellness Centre
Peer-to-peer supports and support groups
www.lmwc.ca/home.html
(519) 344-5602

St. Clair Child & Youth Services
Various mental health /family services (<18)
http://www.stclairchild.ca
(519) 337-3701

Canadian Mental Health Association
Grey Bruce Branch
Various mental health services
http://www.cmhagb.org/find-help/
(519) 797-2880 or 1-877-888-5855

Grey Bruce Community Mental Health Teams (Bruce Shoreline Team)
Mental health services, 16+ with severe mental illness
https://www.mhagb.ca/content/community-mental-health-teams
Phone: 519-797-2880 or 1-877-888-5855

Durham Mental Health Services
Mental health support (16+)
http://dmhs.ca/cause/community-support-program/
(905) 666-0831 or 1-855-888-DMHS (3647)

Algoma Family Services
Youth and adult mental health services
http://www.algomafamilyservices.org/index.php
(705) 945-5050

Canadian Mental Health Association - Niagara Branch
Various mental health services
905-641-5222
http://cmhaniagara.ca/

Niagara Health - St. Catharines location
Various mental health services
Mental health services for youth (>18) with severe emotional difficulties
www.niagarahealth.on.ca/site/st-catharines-site
905.378.4647

<p>St. Thomas:</p> <p>**Can refer to services in London</p>	<p><u>Reach Out 24/7</u> 24/7 crisis line (phone or chat) and mobile crisis team www.reachout247.ca 1-866-933-2023</p>	<p>Canadian Mental Health Association Elgin Branch Walk-in crisis services (M-F 8:30am-4:30pm) http://www.cmhaelgin.ca/services/crisis-outreach/ 519-633-1781</p> <p>Keystone Child, Youth & Family Services Counselling services (<18, located in Owen Sound) www.keystonebrucegrey.org 519-371-4773</p> <p>Oxford-Elgin Child and Youth Centre Counselling by appointment (<18) Walk-in counselling (<18, Thursdays 10am-6pm) http://www.ocyc.on.ca/counselling (519) 539-0463 or 1-877-539-0463</p>	<p>Canadian Mental Health Association Elgin Branch Various mental health services including community mental health clinic http://www.cmhaelgin.ca 519-633-1781</p>
<p>Stratford:</p> <p>**close to Kitchener, could refer to services there?</p>	<p><u>Huron Perth Helpline and Crisis Response Team</u> 24/7 crisis line Mobile crisis team (via police) 1-888-829-7484</p>	<p><u>Family Services Perth-Huron</u> Counselling services for all ages (some fees may apply) http://familyservicesperth-huron.ca/ 519-273-1020 or 1-800-268-0903</p>	<p>Canadian Mental Health Association Huron Perth Branch Various mental health and peer support services http://www.cmha-hp.on.ca 519-273-1391 or 1-888-875-2944</p> <p>Stratford General Hospital Various mental health services http://www.hpha.ca/Default.aspx?cid=114&lang=1 519-272-8210 or 1-888-275-1102</p>
<p>Sudbury</p>	<p><u>Crisis Intervention Services</u> (Health Sciences North) Sudbury & Manitoulin Districts 24/7 crisis line and mobile crisis team 705.675.4760 or 1.877.841.1101</p>	<p><u>Child and Family Centre (CFC)</u> Youth (<18) and family therapy Weekly walk-in counselling, <18 or parents www.childandfamilycentre.on.ca 705-525-1008 or 1-800-815-7126</p>	<p><u>Health Sciences North</u> Various mental health services https://www.hnsudbury.ca (705) 523-7100 or 1-866-469-0822</p>
<p>Tecumseh:</p> <p>**All counselling services in Windsor are available to folks in Tecumseh</p>	<p><u>Children Mobile Crisis Services</u> (thru CFC) coming soon</p> <p><u>Community Crisis Centre</u> 24/7 crisis line (16+) Mobile crisis team (16+, noon-8pm Mon-Sat) (519) 973-4435</p> <p><u>Distress Centre Windsor-Essex County</u> Crisis line (noon-midnight) 519-256-5000</p>	<p><u>Health Sciences North - Mental Health Services</u> Counselling services 16+ with mental health diagnosis https://www.hnsudbury.ca/portalen/Programs-and-Services/Mental-Health-and-Addictions/Counselling-and-Treatment-Services 705.523.4988</p>	<p><u>Hôtel-Dieu Grace Healthcare</u> Extensive adult, adolescent, and children mental health services. Located in Windsor, but possible satellite location in or close to Tecumseh. http://www.hdgh.org/ (519) 257-5111</p>
<p>Temiskaming Shores:</p>	<p><u>CMHA Crisis Line</u> 24/7 crisis line (for anyone in Timiskaming District) 1-888-665-8888</p>		<p>Canadian Mental Health Association Cochrane-Timiskaming Branch Various mental health services http://cmhact.ca/ 705.647.4444</p>
<p>Thorold:</p> <p>**Can refer to services in St. Catharines</p>	<p><u>CMHA Women's Crisis Line</u> 24/7 crisis line (for women only) 1.866.993.2339</p> <p><u>COAST:</u> 24/7 crisis line and mobile crisis team 1-866-550-5205</p> <p><u>Distress Centre Niagara</u> 24/7 crisis line http://distresscentreniagara.com/ 905-688-3711</p> <p><u>Pathstone Mental Health</u> 24/7 crisis line and mobile crisis team (<18) https://www.pathstonementalhealth.ca/ 1-800-263-4944</p>	<p><u>Pathstone Mental Health</u> Counselling services for youth (<18) https://www.pathstonementalhealth.ca/ Office: 905-688-6850 Intake: 905-684-3407</p>	
<p>Thunder Bay:</p>	<p><u>Canadian Mental Health Association</u> Thunder Bay Branch 24/7 crisis line and mobile crisis team 807-346-8282 / 1-888-269-3100</p>	<p><u>Children's Centre Thunder Bay</u> Counselling services for <18 Weekly walk-in counselling, all ages http://www.childrenscentre.ca/en 807 343 5000</p>	<p><u>North of Superior Counselling Programs</u> Several locations in the District of Thunder Bay Youth and adult counselling services http://www.nosp.on.ca/ 1-877-895-6677</p>

Tillsonburg:

Reach Out 24/7
24/7 crisis line (phone or chat) and mobile crisis team
www.reachout247.ca
1-866-933-2023

Canadian Mental Health Association
Oxford Branch
Walk-in counselling services (Mondays noon-8pm, other days available in neighbouring communities)
www.cmhaoxford.on.ca/programs/walk-in-counselling/
519-842-8869

Oxford-Elgin Child and Youth Centre
Counselling by appointment (<18)
Walk-in counselling (<18, in neighbouring communities)
http://www.ocyc.on.ca/counselling
(519) 539-0463 or 1-877-539-0463

Canadian Mental Health Association
Oxford Branch
Various mental health services and support groups
www.cmhaoxford.on.ca/
519-842-8869

Timmins:

CMHA Crisis Line
24/7 crisis line (for anyone in Timiskaming District)
1-888-665-8888

CMHA Women's Crisis Line
24/7 crisis line (for women only)
1.866.993.2339

Timmins and District Hospital Crisis Line
24/7 crisis line
705-264-3003 or 1-888-340-3003

Canadian Mental Health Association
Cochrane Timiskaming Branch
Various mental health and peer support services
(705) 267-8100
http://www.cmhact.ca

Toronto:

Toronto Distress Centre
24/7 crisis line
(416) 408-4357

Gerstein Centre Crisis Line
24/7 crisis line, mobile crisis team, and crisis beds
http://gersteincentre.org/
416-929-5200

Youthdale Treatment Centres
Mobile crisis team for youth (up to 16)
416-363-9990

Access Point
Single point of access to apply for mental health and addictions support services and supportive housing from more than 50 Toronto service providers.
http://theaccesspoint.ca/
(416) 640-1934

Griffin Centre
Counselling and various mental health services for youth (<18)
Counselling and various peer support services for LGBT youth (<30)
http://www.griffin-centre.org/index.php

Shelbourne Health Services
Counselling services for all ages
Walk-in counselling (Tuesdays)
Support groups and other services
http://shelbourne.on.ca/

What's up Walk-in
Walk-in counselling (check website for locations, days, and times)
http://www.whatsupwalkin.ca/
416-395-0660

Canadian Mental Health Association
Toronto Branch
Various mental health support services
https://toronto.cmha.ca/
416-789-7957

Centre for Addictions and Mental Health (CAMH)
Various mental health services
www.camh.ca
416-595-6111 or 1-800-463-6273

Stella's Place
Mental health and peer support services (16-29)
Online peer support network (16-29)
https://stellaspac.ca/
416-461-2345

Vaughan:

York Community Crisis Response Service
24/7 crisis line
24/7 mobile crisis team
Other crisis services
http://www.yssn.ca/crisis-response-services
1-855-310-COPE (2673)

Canadian Mental Health Association
York and South Simcoe Branch
adult and youth counselling services
youth (12-25) walk-in clinic
http://cmha-yr.on.ca/
905-841-3977 or 1-866-345-0183

Family Services York Region
online counselling for all ages, sliding scale, subsidies for youth <18
http://www.fsyr.ca

Kinark Child and Family Services
Youth counselling services
https://www.kinark.on.ca/
905-264-0059 (Vaughan office)
1-888-454-6275 (central intake)

Canadian Mental Health Association
York and South Simcoe Branch
Adult and youth mental health services
http://cmha-yr.on.ca/
905-841-3977 or 1-866-345-0183

York Support Services Network
Various mental health services
http://www.yssn.ca/
905 898-6455 or 1 866-257-9776

Wasaga Beach:

**Close to Collingwood, refer to services there?

Simcoe & Muskoka Area Crisis Line
24/7 crisis line
1-888-893-8333

Telecare Distress Line of Greater Simcoe
24/7 crisis and support line
705-325-9534 or 705-726-7922.

Waterloo:

Close to Kitchener and Cambridge

Distress Line
24/7 crisis line
519-745-1166

Youth Distress Line
24/7 crisis line (<18)
519-745-1166

COAST:
24/7 crisis line and mobile crisis team
1-866-550-5205

Distress Centre Niagara
24/7 crisis line
<http://distresscentreniagara.com/>
905-688-3711

Pathstone Mental Health
24/7 crisis line and mobile crisis team (<18)
<https://www.pathstonementalhealth.ca/>
1-800-263-4944

Welland:

Crisis Access Linkage Line (CALL)
24/7 crisis line
Mobile crisis team (10am-8pm)
905-666-0483 or 1-800-742-1890
<http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/>

Whitby:

Distress Centre Durham Crisis Line
24/7 crisis line
905-430-2522 or 1-800-452-0688

Whitchurch-Stouffville:

**Close to Newmarket and Markham, can refer to services there?

York Community Crisis Response Service
24/7 crisis line
24/7 mobile crisis team
Other crisis services
<http://www.yssn.ca/crisis-response-services>
1-855-310-COPE (2673)

Windsor:

Community Crisis Centre
24/7 crisis line (16+)
Mobile crisis team (16+, noon-8pm Mon-Sat)
(519) 973-4435

Distress Centre Windsor-Essex County
Crisis line (noon-midnight)
519-256-5000

Canadian Mental Health Association
Waterloo Wellington Branch
Counselling services (18+)
<http://cmhaww.ca/>
1-844-CMHA-WW3 (264-2993)

Here 24/7
Various counselling and mental health services and referrals (youth and adults)
www.here247.ca/
1 844 437 3247

Centre de Sante Communautaire
Counselling services for French speaking youth and adults
<http://www.cschn.ca/>
905-734-1141 / 1-866-885-5947

Pathstone Mental Health
Counselling services for youth (<18)
<https://www.pathstonementalhealth.ca/>
Office: 905-688-6850
Intake: 905-684-3407

Frontenac Youth Services
Counselling services (12-18)
<http://frontenacyouthservices.org/>
1-888-454-6275

Durham Mental Health Services
Mental health support (16+)
<http://dmhs.ca/cause/community-support-program/>
(905) 666-0831 or 1-855-888-DMHS (3647)

Kinark Child and Family Services
Youth counselling services
<https://www.kinark.on.ca/>
1-866-929-0061 (Whitby office)
1-888-454-6275 (central intake)

Family Services York Region
face-to-face and online counselling for all ages, sliding scale, subsidies for youth <18
<http://www.fsyr.ca>

Canadian Mental Health Association
Windsor-Essex Branch
Mental health support and counselling
<http://windsorsex.cmha.ca/>
(519) 326-1620

Family Services Windsor-Essex Counselling & Advocacy Centre
Counselling services (sliding scale, subsidies available)
Weekly walk-in counselling (Tuesday noon-8pm & Fridays 9am-5pm, sliding scale, subsidies available)
<http://familyserviceswe.ca/>
519-966-5010

Teen Health
Counselling services (ages 12-24)
http://www.wehc.org/teenhealth_home
(519) 253-8481

Windsor Essex Community Health Centre Sandwich
Community Health
Counselling services (ages 5+)
http://www.wehc.org/sch_about
(519) 258-6002 ext. 222 for intake

Canadian Mental Health Association
Waterloo Wellington Branch
Various mental health services for youth and adults
<http://cmhaww.ca/>
1-844-CMHA-WW3 (264-2993)

Canadian Mental Health Association - Niagara Branch
Various mental health services
905-641-5222
<http://cmhaniagara.ca/>

Oak Centre Clubhouse
Various mental health services
<http://www.oakcentre.ca/>
905-788-3010

Durham Mental Health Services
Mental health support (16+)
<http://dmhs.ca/cause/community-support-program/>
(905) 666-0831 or 1-855-888-DMHS (3647)

Ontario Shores Centre for Mental Health Sciences
Psychotherapy for adolescents (12-15) - must be presenting symptoms of mental illness
Adult mental health services for various diagnoses
<http://ontarioshores.ca/>
General line: 905.430.4055 or 1.800.341.6323
Central Intake: 1.877.767.9642

Markham Stouffville Hospital – Child and Adolescent Mental Health Services
Mental health assessment and treatment for youth (<19)
www.msh.on.ca
905 472 7530

Hôtel-Dieu Grace Healthcare
Extensive adult, adolescent, and children mental health services.
<http://www.hdgh.org/>
(519) 257-5111