

MENTAL HEALTH RESOURCES SHEET

If you or someone you know is in distress and needs help, there are people and resources available that can help.

Please note the following resources were compiled from various services, organizations and associations. OFA does not own the rights to any of the resources or support information listed below.

Immediate support is available through:

Ontario Mental Health Line

Call ConnexOntario at 1-866-531-2600

Live information and referral specialists are standing by. Call 24/7 for information and referral.

You can also use a chat online, email, and access additional resources from

<https://www.connexontario.ca/>

Health Services Information for Ontarians

ConnexOntario provides free and confidential health services information. We are funded by the Government of Ontario.

ConnexOntario FAQ - What to Expect

Do I have to give my name?

No, information and referral is a free and confidential service. We will ask you for non-identifying information (like your postal code). This helps us find services in your community. We will still help you if you don't want to provide this information. We are funded by the Government of Ontario.

Do you provide counselling?

We offer listening, support and information about counselling and other services in your community. We do not provide counselling.

What happens when I call the information and referral service?

An Information and Referral Specialist answers your call 24/7. We will ask you for some non-identifying information like the name of your city or town. This helps us give you information about services where you live. We also listen, provide support, and offer strategies to help you get started. We are here to help you with information, not to judge.

Who can call?

Anyone! You can call for yourself or for someone you care about. Almost 50% of our calls come from family members or concerned friends.

How can you help me?

- provide information about counselling services and supports in your community
- listen, offer support and provide strategies to help you meet your goals
- provide basic education about addictions services

I'm not ready to get help, can I still call you?

We're happy to talk to you, even if you're just looking for general information. No question is too small. We're here to help.

Distress and Crisis Ontario

Distress Centres (DC) are available across Ontario offering confidential, private support for anyone who is in distress or crisis. At a DC you can find a listening ear for lonely, depressed, and/or suicidal people, usually 24 hours a day, 7 days a week. Many centres also have Suicide Survivor programs, support services for youth, telephone call out programs for seniors and vulnerable people, mental health Crisis Lines services and much more. A listing of centres is available at <http://www.dcontario.org/centres.html>

Location	Organization Contact information
Durham Region	Distress Centre Durham Distress Line: 905-430-2522; 1-800-452-0688 Pride Line: 1-855-87PRIDE (77433) Business Line: 905-430-3511 Website: www.distresscentredurham.com
Halton Region	Distress Centre Halton Distress Lines: Oakville: 905-849-4541 Burlington: 905-681-1488 North Halton: 905-877-1211 Website: www.dchalton.ca The Halton Regional Police Service Crisis Outreach and Support Team (COAST) crisis line is 1-877-825-9011
Kingston	Telephone Aid Line Kingston (TALK) Distress Line: 613-544-1771 Website: http://telephoneaidlinekingston.com/
Lanark, Leeds, and Grenville Counties	Developmental Services Lanark Leeds Grenville Distress Line: 1-800-465-4442 http://www.developmentalservices.com
London Middlesex	CMHA Middlesex Distress Line: 519-601-8055 / 1-844-360-8055 Reach Out: 519-433-2023 / 1-866-933-2023 Website: https://cmhamiddlesex.ca/programs-services/support-line/
Niagara Region	Distress Centre Niagara Distress Lines: St Catharines, Niagara Falls & Area: 905-688-3711 Fort Erie Area: 905-382-0689 Grimsby, West Lincoln: 905-563-6674 Port Colborne, Wainfleet: 905-734-1212 Website: www.distresscentreniagara.com

Location	Organization Contact information
Northern Ontario	<p>Beendigen Inc (Talk 4 Healing) Distress Line: 1-855-554-HEAL (4325) Languages: Offers services in English, Ojibway, Oji-Cree, and Cree Website: http://www.talk4healing.com/</p>
Ottawa & Region	<p>Distress Centre Ottawa & Region Ottawa Distress Line: 613-238-3311 Outaouais Distress Line: 1-866-676-1080 Champlain Mental Health Crisis Line: 1-866-996-0991 Mental Health Crisis Line Grey & Bruce: 1-877-470-5200 Frontenac Mental Health Crisis Line: 1-855-477-2963 Website: www.dcottawa.on.ca</p>
Peel Region (includes Mississauga and Brampton)	<p>Spectra Helpline Peel & Mississauga: 905-459-7777 Caledon: 1-877-298-5444 Language Lines: Monday-Friday; 10:00 am-10:00 pm Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, Urdu Website: www.spectrahelpline.org</p>
Québec and Ontario (French Speaking Only)	<p>Tel-Aide Outaouais: Distress Line (Gatineau): 819-775-3223 Distress Line (Ottawa): 613-741-6433 Toll Free: 1-800-567-9699 Website: www.telaideoutaouais.ca</p>
Toronto	<p>Distress Centres Toronto Distress Line: 416-408-4357 Survivor Support Program: 416-595-1716 Website: www.torontodistresscentre.com</p>
Wellington, Waterloo and Dufferin Counties	<p>Torchlight Distress Line: 519-821-3760 or 1-888-821-3760 Crisis Line: 519-821-0140 or 1-877-822-0140 Website: http://torchlightcanada.org/</p> <p>Here 24/7 Crisis Line 1-844-437-3247 (HERE-247) TTY: 1-877-688-5501 or visit www.here247.ca</p>
Windsor & Essex County	<p>The Downtown Mission Distress Line: 519-256-5000 Website: https://www.downtownmission.com/</p>