

Local Mental Health Supports

Resource	Description of Services	Contact
Huron Perth Crisis Line	Service available for individuals who are experiencing a mental health crisis.	1-888-829-7484 hpha.ca/crisis
Crisis Line of Grey Bruce	Staffed by trained volunteers to serve people in distress or crisis 24/7.	1-877-470-5200 gbhs.on.ca
Huron Perth Addictions and Mental Health Alliance	Provides access to mental health and addiction services.	hpamhalliance.ca
CMHA Grey Bruce	Mental health crisis line, drop-in clinic, mental health court support, peer and family support, intensive case management, urgent response and community mental health teams.	519-371-3642
CMHA Huron Perth	Local organization which provides a wide range of support services to people with mental illness, while emphasizing education and eliminating the stigma of mental illness.	519-274-2848 1-888-875-2994 cmhahuronperth.com
211	Free helpline that connects you with community and social services in your area 24/7 in over 150 languages.	211

Federal & Provincial Mental Health Supports

Resource	Description of Services	Contact
Crisis Text Line	A live, trained Crisis Counselor receives the text and responds from a secure platform.	CDN Text 686868 Text 'HOME' to 741741
Mental Health Crisis Line	Canada-wide crisis line.	1-888-893-8333
Mood Disorders Ontario	Telephone support line and peer support groups.	1-886-363-MOOD mooddisorders.ca
Bounce Back - CMHA	Free skill-building program designed to help adults manage symptoms of mild to moderate depression and anxiety. Delivered over the phone with a coach and through online videos. Can self-refer.	bouncebackontario.ca
Mind Beacon	Free mental health support for Ontario residents dealing with stress, anxiety, depression and more.	mindbeacon.com
TogetherAll	A safe, online community to support your mental health.	togetherall.com/en-ca
Wellness Together Canada	Online portal to access self-assessments, self-directed mental health tools, peer support and live counselling.	1-866-585-0445 ca.portal.gs

If you are in immediate danger, please call 911



Mental Health Support for Seniors

Resource	Description of Services	Contact
Senior Safety Line	Trained counsellors provide safety planning and supportive counselling for older adults who are being abused or are at risk for abuse.	1-866-299-1011 eapon.ca

Mental Health Support for Youth

Resource	Description of Services	Contact
Kids Help Phone	Text, phone, chat and other forms of support for young people 24/7 in English and French.	1-800-668-6868 kidshelpphone.ca
Good2Talk	24/7 confidential counselling and support services for Ontario postsecondary students.	1-866-925-5454 Text 'GOOD2TALKON' to 686868
Youth Line	Resource and helpline for LGBTQ2+ youth.	1-800-268-9688 647-694-4275

Mental Health Support for Women

Resource	Description of Services	Contact
Assaulted Women's Helpline	24-hour telephone and TTY crisis line to all women who has experienced abuse. Provides counselling, emotional support, information and referrals.	1-866-863-0511 TTY 1-866-863-7868 Text #SAFE awhl.org
Waterloo Region Women's Crisis Line	Support for women and children who are experiencing domestic violence and abuse.	519-742-5896 519-653-2422 wcsvr.org
Waterloo Region Sexual Assault Support Line	24/7 support line for anyone who has experienced sexual violence.	519-741-8633 sascwr.org

Mental Health Support for Indigenous Peoples

Resource	Description of Services	Contact
National Aboriginal Circle Against Family Violence	Supporting safe family environments within Aboriginal communities.	nacafv.ca
Hope for Wellness Helpline	Immediate mental health counselling and crisis intervention for Indigenous peoples across Canada.	1-855-242-3310
Talk4Healing	Support, help and resources 24/7 in 14 languages.	1-855-554-4325

Mental Health Support for Caregivers

Resource	Description of Services	Contact
Ontario Caregiver Organization	Access resources, stay connected or contact the caregiver helpline for 24/7 support.	1-833-416-2273 ontariocaregiver.ca

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General Mental Health Wellness Information

Resource	Description	Website
Anxiety Canada	Expert tools and resources to help Canadians manage anxiety. Topics include: anxiety disorders, care for the caregiver, children and youth mental health and getting help.	anxietycanada.com
Psychology Tools Online Guide	Guide to living with worry and anxiety amidst global uncertainty.	psychologytools.com
The Anxiety Guru Podcast	Podcast about anxiety.	anxietyguru.net
30 Grounding Techniques	Physical, mental and soothing grounding techniques for adults and children.	healthline.com/health/grounding-techniques
CMHA Resource Handouts	Range of tip sheets available for download.	cmha.ca/document-category/mental-health
Mindfulness-Based Stress Reduction	Online free Mindfulness-Based Stress Reduction course and resources.	palousemindfulness.com

COVID-19 Mental Health Wellness Information

Resource	Description	Website
COVID-19 and Mental Health	Workbook to assist individuals with managing emotions related to COVID-19.	childdevelop.ca/sites/default/files/files/Tolerance for Uncertainty Covid-19.pdf
Stronger Minds	Article about naming our emotions around COVID-19 as grief. Helpful to acknowledge the “losses” that COVID has brought on.	hbr.org/2020/03/that-discomfort-youre-feeling-is-grief
Virus Anxiety	Resources for anxiety and your mental health in a global climate of uncertainty.	virusanxiety.com
CAMH – Mental Health & COVID-19	Centre for Addiction and Mental Health guide for coping with mental health concerns during COVID-19.	camh.ca/covid19
Improving Mental Health During COVID	Overview and explanations by Dr. Perera as to why you feel the way you do during COVID-19 and how to cope.	mentalhealthcovid19.ca
Coronavirus and your wellbeing	Resources and information on stress and coping during COVID-19	mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing

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