

Crisis & Distress Resources



Support is within reach – judgment-free and available 24/7. In emergencies, dial 9-1-1.

Suicide Crisis Helpline



If you or someone you know is thinking about suicide, call or text **9-8-8**.

Other 24/7 Crisis & Distress Resources

Kids Help Phone



Young people can text with a crisis responder by texting **CONNEXT** to **686868** or by calling **1-800-668-6868** to speak with a professional counsellor.

Hope for Wellness Helpline



For immediate mental health counselling and crisis intervention for all Indigenous people across Canada, call **1-855-242-3310** or chat online at www.hopeforwellness.ca

Farmer Wellness Initiative



If you are an Ontario farmer looking for support, call **1-866-267-6255** for free, unlimited mental health counselling.

SCAN
ME



For additional resources, scan the QR Code or visit:
www.mentalhealthgreybruce.ca

Local Resources

Brightshores Health System, Mental Health & Addictions  **519-376-3303**
 brightshores.ca

Brightshores Mental Health & Addictions Department offers support for clients across Grey Bruce. For help accessing services, contact their Navigation Line, available Monday to Friday, 8:30 a.m. to 3:30 p.m.

CMHA Grey Bruce  **519-371-3642**
 greybruce.cmha.ca

Canadian Mental Health Association (CMHA) Grey Bruce offers programs and services to assist those who live with or are impacted by mental health and/or addiction(s). Program details can be found on their website or by calling their Central Intake line.

Keystone Child, Youth & Family Services  **519-371-4773**
 keystonebrucegrey.org

Centered on engaging youth and families, Keystone delivers caring and accountable services to children, youth, and families via personalized, interdisciplinary programs for ages 0-17.

Grey Bruce Navigation Line  **1-844-806-3093**
 greybruceoht.ca

To navigate health or social services in Grey Bruce, contact the Ontario Health Team (OHT) Navigation Line.

One Stop Talk  **1-855-416-8255**
 onestoptalk.ca

One Stop Talk offers free, confidential mental health services for children and youth aged 0-17 in Ontario, accessible via call or online connection for immediate support.

Safe 'n Sound  **519-470-7233**
 safensoundgreybruce.ca

Safe 'n Sound operates The Space (310 8th Street East, Owen Sound) - a community for those experiencing or at risk of homelessness, offering access to essentials, support, advocacy, and referrals.

The Women's Centre Grey & Bruce  **519-376-0755**
 thewomenscentre.org

The Women's Centre Grey & Bruce offers safe shelter, crisis support, safety planning, counselling, and transition services for women and children impacted by abuse in Grey Bruce Counties.

2-1-1 Ontario  **2-1-1**
 211ontario.ca

211 helps to navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week, in over 150 languages.