

Mental Health Supports:

Focus on wellness while you wait

In our current healthcare system, we appreciate that waiting for supports may be a frustrating part of the process. Get the most out of your wait time by checking out these online and self-directed resources.

Option 1: Need help now? Contact crisis supports

- Pathstone Mental Health Crisis Services: 1-800-263-4944
<http://www.pathstonementalhealth.ca/services/crisis-services>
- Crisis Outreach and Support Team (COAST): 1-866-550-5205
<http://coastniagara.ca>
- The Métis Nation of Ontario (MNO) is proud to offer a 24HR Mental Health and Addictions (MHA) Crisis Line. For culturally specific mental health and addiction supports for adults, youth, and families in Ontario (available in English and French) please call: 1-877-767-7572. Once connected services can be delivered in person, over the phone, or by video conference.
- Distress Centre: Niagara Falls-905-382-0689, St. Catharines-905-688-3711, Welland-905-734-1212 and Beamsville/Grimsby 905-563-6674.
<https://distresscentreniagara.com/>
- Kids Help Phone: 1-800-668-6868, text CONNECT to 686868
<http://www.kidshelpphone.ca/Teens/home.aspx>
- Niagara Sexual Assault Centre: 905-682-5484
- Family and Children's Services - 905-937-7731 or 1-888-937-7731
<https://www.facsniagara.on.ca/en/>
- The RAFT - 905-984-4365 or 1-833-984-4365 <http://www.theraft.ca/site/home>
- Bullying Canada 1-877-352-4497 <https://www.bullyingcanada.ca/>
- Canada Suicide Prevention Hotline: 1-833-456-4566
- Trans Lifeline: <https://translifeline.org/> 1-877-330-6366.

If you or someone you care about is at immediate risk to themselves or others, contact 9-1-1 or go to your local emergency department.

Option 2: Get help online

- BounceBack: <https://bouncebackontario.ca> BounceBack is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.
- MindBeacon:
https://info.mindbeacon.com/btn542?gclid=EAIaIQobChMIoozt_dTz7QIVAh1Ch1AXwxnEAAAYASAAEgJB0vD_BwE MindBeacon offers free therapist-guided online Cognitive Behavioral Therapy (CBT) for Ontario residents 16 years of age and older
- Kids Help Phone 1-800-668-6868 <http://www.kidshelpphone.ca/Teens/home.aspx>
- TeenMentalHealth.org <http://teenmentalhealth.org> Online resources for youth mental health: Education, strategies, and self-help materials
- Parents for Children Mental Health www.pcmh.ca Niagara Chapter: COPE Niagara Sonia: 905-931-5249 Julie: 905-932-7802. cope.niagara@pcmh.ca • Peer support for parents • Education and workshops • Online Resource Centre: <http://www.pcmh.ca/ResourceMaterialPage>
- Sick Kids Learning hub - resources for parents on how to support your child's mental health and general well-being through physical activity, sleep and nutrition. It also provides information on the signs, symptoms and treatments of different mental health conditions, including anxiety, bipolar disorder, depression, behavioural disorders, anorexia nervosa and attention deficit hyperactivity disorder, [Mental health Learning Hub \(aboutkidshealth.ca\)](http://aboutkidshealth.ca)
- Anxiety Canada - free online, self-help, and evidence-based resources on anxiety - [Home - Anxiety Canada](http://www.anxietycanada.com)
- Mental Health Foundation - range of parent resources to help improve capacities to help your children with mental health recovery [For Caregivers | mhfoundations-efit \(mentalhealthfoundations.ca\)](http://www.mentalhealthfoundations.ca)

Option 3: Try an app

- For anxiety: MindShift CBT - Anxiety Canada
- For anxiety/panic: DARE
- For low mood: MoodMission
- For mindfulness: Headspace, Calm OR mindshift
- Mood – tracks mood, sleep and your personal notes
- For positive psychology: Happify

- For safety planning: Be Safe by mindyourmind
- For stress: Zen Garden <https://mindyourmind.ca/tools/zen-garden>

Option 4: Unplug and check out a book

Anger – Starving the Anger Gremlin

Anxiety - Starving the Anxiety Gremlin

Low mood – Starving the Depression Gremlin

Stress – Starving the Stress Gremlin

Embrace Your Emotions - <https://www.worrywoos.com/>

Free E-Books:

- [Free Personalized Book Suggestions | The Fussy Librarian](#)
- [Free Amazon Kindle Books, Nook Books, Apple Books & Kobo Books \(freebooksy.com\)](#)

Option 5: Other Helpful Community Connections - For additional counselling and therapy resources: call 211 or 905-682-6611 / 1-800-263-3695

Niagara Area:

- Bethesda – offer a range of individual and group services/supports for children and youth with special needs between the ages of 2-18 years and Bethesda Service Coordinator Line (905-684-6918 x 170) <https://www.bethesdaservices.com/pages/index/Children%20Services/>
- Canadian Mental Health Niagara - <https://niagara.cmha.ca/>
- CBT Niagara - <https://www.cbtniagara.com/>
- Community Addiction Services of Niagara (CASON) - Addiction programs, counsellors, education, support 905-684-1183 <https://cason.ca/youth-services/>
- De dwa da dehs nye>s Aboriginal Health Centre Niagara: 1-877-402-4121 ext 555, culturally safe mental health & addictions services for all members of the urban indigenous community in the regions of Hamilton, Brantford/Brant and Niagara. We work with individuals over the age of 6 to provide: counseling, groups, outreach, navigation, case management and peer support.

- Family Counseling Centre – 905-937-7731 ext 3345
<https://www.fccniagara.on.ca/>
- Family Mental Health Support Network - <http://www.familysupportniagara.com/> offers free workshops that focus on helping caregivers understand mental illness, treatments and what mental health services are available in the Niagara region. The FSN also supports caregivers by teaching coping skills.
- Fort Erie Native Friendship Centre - provides a wide variety of culturally relevant services to the South Niagara Indigenous community, including education, youth services, family support, health, healing, and wellness, mental health counselling. 796 Buffalo Road, Fort Erie, call: 905-871-8931 www.fenfc.org
- Food Resources for Niagara - [Food Banks, Meal Programs and Emergency Food - Niagara Region, Ontario](#)
- Fort Erie Native Friendship Centre - <https://www.fenfc.org/programs>
- Human Trafficking – 1-833-900-1010, <https://niagaraantihumantrafficking.com/> and Niagara Regional Police <https://www.niagarapolice.ca/en/what-we-do/human-trafficking.aspx#>
- Hospice Niagara - <https://www.hospiceniagara.ca/>
- Missing and Murdered Indigenous Women and Girls - Please visit the Government of Canada Missing and Murdered Indigenous Women and Girls Page for information on aftercare, community gatherings or if you are a Party With Standing. Contact number: 613-957-5153. Support Line 1-844-413-6649 An independent, national, toll-free support call line is available to provide support for anyone who requires assistance. This line is available free of charge, 24 hours a day, 7 days a week.
- Niagara Chapter Native Women - is here to offer support to urban Aboriginal women and their families. Ongoing support through referrals and advocacy is offered on an as-needed basis. 1088 Garrison Road, Fort Erie, Ontario (Office) 905-871-8770, www.ncnw.ca
- Niagara Community Health Centres:
 - St Catharines QUEST - <https://questchc.ca/>
 - Niagara Falls CHC - <https://www.nfchc.ca/>
 - Welland Centre de Sante - <http://www.cschn.ca/>
 - Fort Erie/Port Colborne Bridges - <https://www.bridgeschc.ca/>
- Niagara Parents – provides a variety of services to help you raise a happy and health family, connect with a public health nurse, 905-684-7555, <https://www.niagararegion.ca/parents/contact.aspx>

- Niagara Region Mental Health - https://www.niagararegion.ca/living/health_wellness/mentalhealth/default.aspx
- Niagara Regional Native Centre (NRNC) - provides a wide variety of culturally relevant services to the Niagara Indigenous community, including supportive housing, health, healing, and wellness, mental health counselling and crisis intervention, and employment. Call: 905-688-6484, www.nrnc.ca
- Pathstone Mental Health Walk in Clinics - <https://pathstonementalhealth.ca/walk-in-clinic/>
- Pflagcanada – St Catharines/Niagara - Education, advocacy, and support for people who identify as lesbian, gay, bisexual, transgender, two spirited, queer or questioning, and their families, 1-888-530-6777 ext 600 <https://www.hnhbhealthline.ca/display/service.aspx?id=182474>
- Rainbow Youth - tailored to the unique needs and barriers experienced by sexually and gender diverse populations <https://questchc.ca/participate-at-quest/rainbowniagara/>
- Red Cap/Emotions Management - emotions management program geared to 6 to 10 year olds <http://salvationarmystcatharines.com/family-services/red-cap/>
- Traditional Healers Program – Indigenous Diabetes Health Circle - culturally safe mental health and addictions services for all members of the urban Indigenous community. Free consultations offered by Elders, traditional practitioners, and knowledge keepers (review IDHC’s Facebook page for further details on dates and registration). <https://idhc.life/diabetes-wellness-program/traditional-healer-registration/>
- Urgent Support Services / CMHA - <https://niagara.cmha.ca/programs-services/someone-to-talk-to/>
- Youth Wellness Hub - <https://youthhubs.ca/en/sites/niagara/>

Other Areas:

- Almost anyone can be affected by psychosis - <https://www.psychosissucks.ca/schizophrenia-society-of-canada/>
- Autism Ontario - <https://www.autismontario.com/>
- Eat Right Ontario - a free service that connects residents of Ontario to the trusted advice of a Registered Dietitian to help you make healthier food choices and answer your nutrition questions <https://www.ementalhealth.ca/index.php?m=record&ID=55448>

- Family Care Centre - evidence-based resources to help families and those working with kids [Resources - Children's Mental Health Ontario \(cmho.org\)](https://www.cmho.org)
- Find a Family Physician HealthCare Connect 1-800-445-1822
www.ontario.ca/healthcareconnect <https://www.niagararegion.ca/health/find-a-doctor.aspx>
- Ontario Ombudsman - <https://www.ombudsman.on.ca/what-we-do/topics/children-youth>
- McMaster Community Education Services - <https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/family-resources/> McMaster Children's Hospital provides educational courses and skills training workshops to the community on a variety of topics, including parenting, child development and child and youth mental health concerns. Programs are available for children, youth and caregivers, and are held regularly at locations across the Greater Hamilton Area. All programs are free, but do require registration.
- National Eating Disorders – provides information, resources, referrals and support to Canadians affected by eating disorders, 1866-633-4220, <https://nedic.ca/>

The above resources are general in nature and are not meant to be a substitute for professional assessment, diagnosis or treatment. Consult your primary care provider for specific questions about your personal health.