

Resources | Youth

Kids Help Phone

The Kids Help Phone provides counseling services for youth aged 5– 20. Youth are able to call the phone line or visit the website for any such issues however, popular subjects include emotional health, dating, LGBTQ, sexting, and bullying.

Immediate Crisis Line: 1-800-668-6868

Texting Service: Text CONNECT to 686868

Website: www.Kidshelpphone.ca

youthspace.ca

Stemmed from Need2, Youthspace.ca offers free online chat services as well as SMS Text Chat for youth who would like to speak with someone about their mental health struggles immediately.

Online Chat: www.youthspace.ca.

SMS Text Chat: 778-783-0177

Bro talk
A SUPPORT ZONE FOR TEEN GUYS

BroTalk is a sub-service which branches out from Kids Help Phone. It is a space where youth boys can come and speak about issues they are going through openly and safely, without judgement and stigma.

Website: www.kidshelpphone.ca/brotalk/

Good2Talk is a free, confidential helpline providing counseling and information around for mental health, addictions and well-being to post-secondary students around Ontario.

Helpline: 1-866-925-5454

Website: www.good2talk.ca



Addiction Counseling

Alcoholics Anonymous®

Alcoholics Anonymous is a free gathering of men and women who can share their experiences, and encourage one another to overcome alcohol addiction. The only condition to join A.A. is a desire to stop drinking. Visit the website below for meeting locations and times.

Hamilton 24 Hr. Hotline: 905-522-8392

Website: www.aahamilton.org



Al-Anon is similar to Alcoholics Anonymous, however the counseling services are directed towards friends or family members experiencing a loved one struggle with alcoholism.

Website: www.al-anon.org

Counseling Services | Free



The LOST (Living Outside of Suffering and Trauma) Organization offers free 16 week sessions for anyone experiencing depression, anxiety, self-injury, addiction and more. It is a peer support group for anyone to come and discuss or listen about various people's stories.

Website: www.warelost.org

Friends in Grief offers free group bereavement counseling to anyone who has experienced a loss in their life. The counseling services are offered at various funeral homes across the Hamilton community on a weekly basis (locations listed on website).

Website: www.baygardens.ca/fig



ConnexOntario



Mental Health Resources

Adults | Youth

Websites

Crisis Lines

Smart Phone Apps

Grief Counseling Services

Addiction Counseling



Mental Health Resources | Adults



CFS is a nonprofit, multi-service agency which offers services to people in need regardless of their faith, race, ethnicity, economic status, sexual orientation, age, etc. Catholic Family Services also offers Couples and Marital Counseling, Family Counseling, Credit Counseling, and Abuse Counseling services.

Counselling Centre Intake: 905-527-3823
Website: www.cfshw.com

ConnexOntario

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. They are available to call 24/7 for mental health and addictions service information and referral.

Crisis Line: 1-866-531-2600
Website: www.connexontario.ca

The Crisis Outreach and Support Team



(COAST) is a program of St. Joseph's Healthcare and is a mental health resource provider for the residents of the city of Hamilton who are in crisis or have a serious mental health issue.

Crisis Line: 905-972-8338
Website: www.coasthamilton.ca

Apps & Websites



Created by the Canadian Mental Health Association, thinkFull is an App which provides tools and techniques to help understand and manage daily stress. It provides users with a check-in tool to record stress levels, a library of personalized tips to relieve stress, and monitoring tools to help recognize long-term patterns.

Available for iOS



Pacifica is an app which holds daily tools for stress, anxiety and depression, paired with a supportive community. It is based on Cognitive Behavioural Therapy & mindfulness meditation.

Available on iOS, Android & Web



The MindShift App by Anxiety Canada offers Cognitive Behavioural Therapy for those experiencing anxiety, to reshape their thinking and learn how to relax and be mindful. It also offers guided meditations and opportunities to track your progress.

Available on iOS and Android



HEADSPACE

This Headspace App offers guided meditation for those who wish to enhance their focus, centre their thoughts, and who are looking to have a more relaxed mind.

Available on iOS and Android

The Centre for Addiction and Mental Health is



an addiction and mental health teaching hospital in Toronto. It provides information regarding personal care, health info, and education around mental health and addiction.

Website: www.camh.ca



Crisis Services Canada is a suicide prevention and support

outlet for individuals looking to speak to a counselor, or access additional support. This service is for anyone experiencing thoughts of suicide, or issues regarding someone they know dealing with thoughts of suicide.

Text Services: 45645 (Daily 4pm– 12am ET)

Telephone: 1-833-456-4566
Website: www.crisisservicescanada.ca



Need2 is a Suicide Prevention Education & Support resource to care

for communities and individuals. Based out of BC, their aim is to prevent deaths by suicide through community programs and their online presence. They also offer workshops, and general suicide information.

Phone: 250-386-6328
Website: www.need2.ca