Information/Programs

Anxiety Canada anxietycanada.com
Resources/programs to find relief from anxiety and obsessive compulsive disorder

BounceBack bounceback@ontario.cmha 1-866-345-0224 x1
A free skill-building program managed by the Canadian Mental Health Association (CMHA). For adults and youth 15+ to manage low mood, mid to moderate depression and anxiety, stress or worry.

CanFASD (Fetal Alcohol Spectrum Disorder) Canfasd.ca
Research network working to engage and unite with awareness, evidence and knowledge to effectively address the complexities of FASD.

FASD-ONE (Fetal Alcohol Spectrum Disorder Ontario Network of Expertise)
Link people with FASD , caregivers and professionals to services and supports. fasdontario.ca

Centre for ADHD Awareness, Canada cadacc.ca. 416-637-8584
Awareness, education, and advocacy for Canadians affected by ADHD

Child & Parent Resource Institute (Disinhibition Disorders) 1-877-494-2774
Training tools in the treatment of TS (Tourette syndrome) & associated disorders leakybrakes.ca

Hamilton Health Sciences Family Resources 905-521-2100
Courses, skills training workshops on parenting, child development, child and youth mental health hamiltonhealthsciences.ca and search 'Family Resources'

Drug Free Kids Canada drugfreekidscanada. 1-866-381-1511
Compassionate, non-judgemental support for you, your child and your family.

Interwoven Connections interwovenconnections.ca
Services and supports for families/relationships formed through adoption, kinship and customary care.

Knowledge Institute on Child & Youth Mental Health & Addictions cymha.ca
Share knowledge, build capacity and create the connections needed to improve mental health and addictions services for children, young people and families.

SickKids Mental Health Learning Hub aboutkidshealth.ca/MentalHealth
Resources for parents on how to support your child's mental health & information on signs, symptoms & treatments of mental health conditions.

Canadian Hearing Services Teletypewriter: 1-877-215-9530 1-866-518-0000
Mental health services, information, education, life support, interpreting for Deaf and hard of hearing. E-mail: info@chs.ca

Positive Health Network (HIV/AIDS) positivehealthnetwork.org 905-528-0854
Services and a voice for HIV/AIDS prevention, education and support.

Mind Forward Brain Injury Services mindforward.org info@mindforward.org
Rehabilitation and support to adults affected by acquired brain injury (ABI).

AIDE (Autism/Intellectual Disability Knowledge Exchange Network) aidecanada.ca
Connecting community to the information and resources that they need.

WHERE TO GET MENTAL HEALTH SUPPORT in BURLINGTON (and beyond)

Last Updated August 2026
For revisions to be considered, contact Lisa at lisalunski3@gmail.com

Housing/Shelters

Wesley Emergency Supportive Housing Program Call 311
Providing emergency shelter and supports for unhoused, Halton-based families led by people of any gender, as well as single women ages 16 to senior.

Halton Women's Place 24 Hr. Crisis Line 905-332-7892
Temporary shelter in Burlington for women Intake 905-332-1593
and children who are experiencing domestic violence.

Salvation Army Lighthouse 905-339-2918
750 Redwood Square, Oakville
Emergency shelter for men.

Summit Housing and Outreach Programs 905-847-3206
Housing support and advocacy for people with serious mental illnesses.
2305 Wyecroft Rd Suite 200, Oakville

Shifra Homes shifrahomes.com 905-681-9633
Residence with 17 beds for young, homeless and pregnant women ages 16-30

Telephone Support

Suicide Crisis Helpline (24/7/365) Call or text 9-8-8
Call if you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else.

Distress Centre Halton (24 hours) Call any time Burlington– 905-681-1488
Lonely? Overwhelmed? Having thoughts of suicide? Oakville– 905-849-4541

Connex Ontario connexontario.ca 1-866-531-2600
Directory of community mental health and addiction services. (24 hours)

COAST: Crisis Outreach and Support Team (24 hours) 1-877-825-9011
Telephone and outreach support for persons/caregivers experiencing a crisis.

Ontario 211 Free, confidential, multilingual help connecting 211ontario.ca Call 211
people with info & referrals to community, social, health & government services.

Indigenous Hope for Wellness Helpline 1-855-242-3310
Immediate help for all Indigenous peoples across Canada. (24 hours)

TALK4HEALING 1-855-554-4325
Support and resources for **Indigenous women, by Indigenous women**

Human Trafficking Hotline (24 hours) 1-833-900-1010
Emotional & crisis support & safety planning for victims, survivors, family & friends.

I**ndian Residential Schools Crisis Line** (24 hours) 1-866-925-4419
Immediate and culturally appropriate counselling supports to former students and their families who are experiencing distress.

Mandarin Hotline (Mon.-Sat. 10am-10pm) 289-800-8818
Emotional support for a range of issues such as stress, anxiety, depression, grief or bereavement, isolation, family conflict, newcomer challenges.

Nisa Helpline (7 days, 8am-12am) 1-888-315-6472
Anonymous and free helpline for Muslim women providing mental health support, peer-to-peer counseling, creating actions plans, emotional and spiritual support

SACHSS (South Asian Canadians Health & Social Services) 647-367-4452
Support for mental health and addiction, community and social services, youth services and health education.

Halton Seniors Helpline 1-866-457-8252
Addresses physical, emotional or financial abuse or neglect of older adults.

Telehealth Ontario 1-866-797-0000
Telephone support from a registered nurse (24 hours)

Ontario Caregiver Helpline 1-833-416-2273
Information and support for caregivers. (24 hour)

Boots on the Ground 1-833-677-2668
Anonymous peer support for first responders (retired and serving military and veterans, police officers, firefighters, EMS, corrections officers and nurses)

Support, Counselling & Groups

Canadian Mental Health Association (CMHA) 905-693-4270
Community based mental health and substance use support including counselling and treatment, justice services, peer support, groups, workshops and webinars.

Joseph Brant Community Mental Health Services josephbranthospital.ca 905-631-1939
Services: Psychiatric consultation clinic, short-term treatment (group & individual), child & adolescent, intensive case management, medication clinic. Physician referral required

Burlington Family Health Team Psychotherapy burlingtonfht.com/psychotherapy
No cost group based psychotherapy clinic serving mild to moderate depression, OCD, generalized anxiety, social anxiety, panic disorder, PTSD, postpartum depression, CBTi (for insomnia) and ADHD.

Phoenix Program (Early Intervention for Psychosis) 905-631-1939
For individuals aged 14-35 years old who are experiencing early signs and symptoms of psychosis. Self-referral or from health professional or physician.
Joseph Brant Community Mental Health Services josephbranthospital.ca

Thrive Counselling 777 Guelph Line Unit 207 (Sliding scale fees) 905-637-5256
Counselling for people struggling with family conflict, depression, grief and loss, family violence or sexual abuse. Caring Dads and Supervised Access Programs.

Ontario Structured Psychotherapy Program www.OSPWest.ca 1-833-944-9966
Free cognitive behavioral therapy (CBT) ages 18+ for anxiety & depression

John Howard Society Hamilton/Burlington johnhoward.on.ca 905-522-4446
Services, programs, education to those affected by the criminal justice system.

Eagles Nest eaglesnestwaterdown.ca (low cost, additional subsidies) 905-689-8721
Affordable/certified therapy for adults, youth & children with depression, anxiety, trauma & relationship conflicts. In-person/virtual/phone. Programs: Coaching, Boundaries, Emoticon

The Women's Centre of Halton thewomenscentreofhalton.com 905-847-5520
Peer support & counselling, legal, employment, financial advising workshops/groups.

Support House supporthouse.ca info@supporthouse.ca. 1-833-845-9355
Supports individuals 16+ experiencing housing instability, mental health, and/or substance use challenges. A full range of supportive housing options, primary care, peer support, harm reduction, trauma-informed care, navigation, and crisis support.
The Mobile Health Team includes a family physician, registered nurses, nurse practitioners, peer support, and a social worker. 760 Brant St. Unit 1

Support House Community Health Centre supporthouse.ca 1-833-845-9355
760 Brant St. #1 (street entrance off Ghent St). info@supporthouse.ca
Provides integrated health, housing and social supports for people experiencing housing instability, mental health and/or substance use. Services offered: Primary care (physicians, nurse practitioners, & registered nurses), Mental health & substance use support, Peer support & social work services, Supportive housing & housing navigation, Harm reduction services, Trauma-informed care, System navigation & referrals.

Institute for Advancements in Mental Health (IAM) 1-855-449-9949
Supporting people living with complex mental illness including schizophrenia & psychosis-related illnesses, their caregivers & community. support@iamentalhealth.ca

Capillary Wave Communities for Men/Women capillarywave.org
Safe & supportive spaces tailored for men /women navigating mental health challenges.

Addiction Support 6

National Overdose Response Service 1-888-688-6677
Free anonymous overdose prevention hotline

ADAPT (Burlington) haltonadapt.org adapt@haltonadapt.org 905-639-6537 x0
Assessment, prevention and treatment for alcohol, drugs, gambling, internet use, gaming, shopping & hyper sexuality. For youth and adults, and their family/friends.

Concurrent Disorder Clinic josephbranthospital.ca 905-631-1939
Provides individual and group assessment, consultation and treatment for individuals with co-occurring mental health and addiction concerns. Immediate connection to PHAST program for those with acute symptoms. Physician referral.

Womankind Addiction Service -St. Joseph's Healthcare (24 Hours) 905-545-9100
Substance use programs supporting women seeking change with their use.

Alcoholics Anonymous. www.d19area86.ca (Halton/24 hours) 905-845-5900
A fellowship of people who come together to solve their drinking problem

Al-Anon/Alateen (Hamilton-Burlington) 416-410-3809
Support group for families & friends of individuals with alcohol abuse issues.
alanonhamiltonburlington.ca

Narcotics Anonymous nahamilton.org 1-888-811-3887
A group of people who come together to help each other stay clean from drugs.

Nar-anon naranonontario.com 416-239-0096
A 12-step self-help group for family and friends affected by drug addiction.

Halton RAAM (Rapid Access Addiction Medicine) Clinic 1-888-388-7226
Outpatient addiction medicine clinic providing assessment, brief counseling, and medication-assisted treatment for substance use disorders. hmraam.ca

Families for Addiction Recovery Mon-Fri 12-3pm, Wed 7-9pm 1-855-377-6677 x207
Parent-to-parent support for families struggling with addiction

Gambler's Anonymous catoronto.ca 1-855-222-5542
Sharing experience, strength and hope for those with gambling addictions.

Gaming Addicts Anonymous (GAA) gamingaddictsanonymous.org 970-364-3497
For people who have a desire to stop digital device compulsive games of all types

Youth Gambling Awareness Program (YGAP) 289-260-8635
Awareness of gambling risks among youth, encouraging healthy and active living.

Sex & Love Addicts Anonymous (SLAA) slaafws.org 416-486-8201
Support meeting for those who have a desire to stop living out a pattern of love and sex addiction. Hope to Healing Group in Hamilton, ON

COSA (for support people) Online meetings available cosa-recovery.org
An anonymous, international recovery program for families and individuals whose lives have been affected by someone else's compulsive sexual behavior.

S-ANON (for support people) sanon.org. 416-763-9024
A fellowship of relatives and friends of **sexually addicted people**.
Toronto locations as well as virtual and phone meeting available.

Telephone Support (Children/Youth) 3

ROCK 24/7 (Reach Out Centre For Kids) Crisis Line 905-878-9785

Kids Help Phone 1-800-668-6868
Phone and web counselling

Halton Children's Aid Society (CAS) 905-333-4441 (24 hours)

GOOD2TALK (for post secondary school students) 1-866-925-5454
Provides information and referrals about TEXT: GOOD2TALKON to 686868
services and supports for mental health, addictions on and off campus

One Stop Talk (OST) www.onestoptalk.ca 1-855-416-TALK (8255)
A free, confidential service that lets kids and youth get immediate mental health support with a registered therapist. Mon-Fri, 12pm-8pm and Sat, 12pm-4pm.

Black Youth Helpline (supports youth, families & schools) 1-833-294-8650

2SLGBTQIA+ (YouthLine) Text @ 647-694-4275
Peer support by email, text and online chat, anonymous & confidential
Sun.- Fri. 4pm-9:30pm. e-mail: helpline@youthline.ca www. youthline.ca

Trans Lifeline translifeline.org 1-877-565-8860
Peer support line for trans people

Naseeha– Muslim Mental Health Line Naseeha.org (24 hours) 1-866-627-3342
Immediate, anonymous & confidential support for all youth and young adults.

Senior's Support

Halton Seniors Helpline 1-866-457-8252
Addresses physical, emotional or financial abuse or neglect of older adults.

Hospice Palliative Helpline 905-667-1865
Helpline providing emotional support and end of life care planning

Links2Care. www.links2care.ca 905-844-0252
Community support providing free/subsidized, quality programs and services to enhance well-being through access to care and connections for seniors and adults with disabilities.

Acclaim Health acclaimhealth.ca 905-827-8800
Home care, dementia care, social supports and bereavement support.

McMaster Optimal Aging Portal mcmasteroptimalaging.org
Direct and easy access to information about how to stay healthy, active and engaged, and how to manage our health conditions, as we grow older.

Grief Support

The Lighthouse for Grieving Children and Families 905-337-2333
In person and online grief support groups for Children/Youth (3-24 years) and their parents/guardians. www.lighthousegriefsupport.org

Heartache2Hope heartache2hope.com (in-person & virtual) 905-599-4673
Suicide loss grief support & adults and children/youth. Counselling, Trauma Therapy, Individual peer support, 12-week & drop-in grief groups, and wellness activities

Centre for Grief & Healing 905-848-4337
Free, compassionate, and inclusive peer support for those grieving the death of a loved one or someone in their life. info@bereavedfamilies.ca

Carpenter Hospice 905-631-9994
Compassionate in-hospice care for individuals in the final stages of life as well as community programs for those facing grief or a life-limiting illness.

Acclaim Health Bereavement Support acclaim health.ca 1-800-387-7127 x2323
Group/one-to-one support for those struggling with the loss of a loved one.

Assault/Violence

SAVIS– Sexual Assault and Violence Intervention Services 905-875-1555
Free, confidential 24 hour support to all survivors of violence. (24 hours)
Counseling services, individual and group (Oakville location) 905-825-3622

Assaulted Women's Helpline 1-866-863-0511 (24 hours)
Providing a safe space, free of judgment to support., listen and guide women who have experienced any type of abuse anywhere in Ontario

Nina's Place (24 hours, 365 days) 905-632-3737 ext. 5708
Halton Regional Sexual Assault and Domestic Violence Treatment Centre
Have you recently experienced sexual assault, domestic violence, child sexual abuse or been a victim of human trafficking
Services accessed through Emergency Department at Joseph Brant Hospital

Restorations Canada restorationscanada.org. 905-962-REST(7378)
Long term residential housing and survivor-led peer programming for **survivors of sexual exploitation and trafficking**

SAFE - Survivor Advocates for Empowerment survivor-advocates.org
Peer support, advocacy & education to help survivors heal and drive meaningful community change

Eating Disorders & Disordered Eating

Body Brave info@bodybrave.ca www.bodybrave.ca 905- 312-9628
Virtual support to those impacted by eating disorders and disordered eating

Sheena's Place sheenasplace.org 416-927-8900
Accessible, timely support and education to increase awareness and understanding of eating disorders.

National Eating Disorder Information Centre (NEDIC) nedic.ca 1-866-633-4220
Eating disorder education, information and support

Support for Children/Youth

ROCK - Reach Out Centre for Kids 289-266-0036
Mental health supports and specialized services (applied behavioral analysis, early years development and FASD supports) for children, youth and their families.
Mon-Fri 9am-5pm. 471 Pearl St. www.rockonline.ca

Woodview Mental Health and Autism Services woodview.ca. 905-689-4727
Provides mental health and autism services for children, youth (0–18), and families - including counselling, ABA, skills groups, intensive, and school-based programs.

Pflag Canada-Halton pflagcanada.ca. pflaghalton.ca
Peer support & resources for 2SLGBTQ+ individuals and their loved ones

Queer@ROCK queeratrock@rockonline.ca 289-266-0036
Prevention based programming and supports for 2SLGBTQIA+ children, youth and families.

Positive Space Network, Halton (ages 12-25) 289-208-0886
LGBTQ+ youth drop-in programs and accessing resources

FAMEkids Family & Caregiver Support Services 416-248-2050 Ext.. 8038
Free programs for children aged 7-12 who have a family member who is experiencing mental health challenges. www.reconnect.on.ca/fame

Youth Early Intervention (YEI) program (youth ages 16-24) 905-631-1939
Youth-centred recovery program for youth (ages 16-24) who are new to mental health services or who are transitioning to adult services. Assessment, system navigation and group programs. Self-refer or be referred by a friend, family member, support person, health professional or physician. josephbranthospital.ca

Child & Adolescent Psychiatric Program josephbranthospital.ca 905-632-3737 x3412
Joseph Brant Community Mental Health Services (referral from care provider)
Provides child psychiatry consultation for youth under 18. Distress Tolerance skills group for youth aged 11-15. Brief individual therapy to address specific mental health goals & promote skills development. Psychoeducational group for parents.

Bridging the Gap (youth ages 16-24) 866-607-KIDS (5437)
Support for youth who are at risk of, or are experiencing **homelessness in Halton.**

Family/Caregiver Support

Sashbear sashbear.org 1-888-523-0495
Provides skills, support and hope for family members or friends of someone with **emotion dysregulation**, to regain balance in their lives.

Family Care Centre family.cmho.org 416-921-2109 ext. 128
Resource hub for parents and caregivers of children with mental health challenges.

Mental Health Care Partners' Support Group 905-634-1809
For persons supporting others with mental health concerns
St. Christophers, 662 Guelph Line Held every 1st Monday 7-9pm.

Pleo 855-775-7005
Family Peer Support services designed to support parents of children facing mental health challenges.