



Mental Health & Wellness Resources

Do you need Help?

Book an appointment with your family doctor today

The following resources are available to help support mental health and wellbeing



Halton Women's Place

Safe shelter accommodation, food, and basic personal items for a maximum of 8 weeks for abused women and their dependant children.

24/7 crisis lines

South Halton: 905-332-7892

North Halton: 905-878-8555

www.haltonwomensplace.com



ADAPT

Free Counselling & Support for Alcohol, Drug & Gambling Problems.

For more information or to book an appointment, call Intake Desk at 905-639-6537 ext.0

Open from 8:30 am to 4:30 pm.

www.haltonadapt.org



Be Safe

A free mobile app designed to support young people in reaching out during a crisis.

- Download Be Safe from either the App Store or Google Play.
- Once downloaded, select your region from the list provided. You can choose a new region at any time without losing your personal information.
- Fill out your safety plan with someone you trust.
- Review and update your Be Safe Plan often.

When you need support, open the app and use the 'Get Help' button to guide you in reaching out safely.

www.besafeapp.ca



Canadian Mental Health Association

CMHA promotes the mental health of all and provides supports to people who are experiencing mental illness and their families.

Looking for programs and services?

Call 905-693-4270 or toll-free

1-877-693-4270

Are you experiencing a mental health crisis?

Call COAST at 1-877-825-9011

(TTY: 1-844-646-1700)

Go to the nearest hospital or call 911

www.halton.cmha.ca



Distress Centre HALTON

Provides telephone and online emotional support and befriending to people in distress or crisis.

Call one of the toll-free numbers any time you need to talk.

Available 24/7, 365 days a year.

Oakville: 905-849-4541

Burlington: 905-681-1488

Milton/Halton Hills: 905-877-1211

www.dchalton.ca



BounceBack[®]
reclaim your health

Designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.

Delivered over the phone with a coach and through online videos.

Toll-Free: 1-866-345-0224

bb-referral@cmha-yr.on.ca

905-430-1768

www.bouncebackontario.ca



ROCK

ROCK is the Lead Agency for the child and youth mental health sector in Halton.

For access to all ROCK services please call Access Line @ 289-266-0036. This line is live answered Mon-Fri between 9 am-5pm.

Virtual Walk-in Clinic is open and accessible Mon-Wed 9 am - 3 pm by calling our Access Line.

In-person appointments will become available through the Access line. If you are in crisis, contact 24/7 ROCK Crisis Line at 905-878-9785.

www.rockonline.ca



Nelson Youth Centres
Changing Young Lives

Programs targeting children and youth (6 to 18) who are struggling with mental health and behavioural challenges and their families.

905-681-2611

office@nelsonyouthcentres.com

www.nelsonyouthcentres.com



Kids Help Phone

If you are a young person and are struggling with a problem big or small, please call 1-800-668-6868.

Available, 24/7/365.

www.kidshelpphone.ca

