

# NIAGARA SUICIDE PREVENTION COALITION

## 24 Hour Support

### COAST Niagara

1-866-550-5205

<https://niagara.cmha.ca/programs-services/crisis-support/>

Crisis Outreach and Support Team (COAST) provides crisis intervention services (telephone) to people who are in crisis 24 hours a day 7 days a week. COAST outreach team consists of a mental health worker paired with a specially trained police officer who responds to crisis in the community. The team provides crisis intervention, support, assessment and assistance, developing follow-up plans to clients in the community who are in crisis.

### Pathstone Mental Health

1-800-263-4944

<https://pathstonementalhealth.ca/>

A mobile crisis intervention service providing immediate telephone counselling and, if necessary, on-site crisis intervention in the home, school, hospital or other community location. It operates 7 days a week, 24 hours a day for children and youth up to the age of 18 and their families.

### Distress Centre Niagara

<https://distresscentreniagara.com/>

Distress Centre Niagara provides free, confidential, 24/7 support.

St. Catharines (905) 688-3711

Port Colborne/Welland (905) 734-1212

Beamsville/Grimsby (905) 563-6674

Fort Erie (905) 382-0689

People can **text the word SUPPORT to 258258** for crisis responders who can provide emotional support, referrals to other community services and crisis intervention. Training and suicide prevention and intervention workshops are also available.

### Kid's Help Phone

1-800-668-6868

<https://kidshelpphone.ca/>

Online: [kidshelpphone.ca/live-chat](https://kidshelpphone.ca/live-chat)

Text: CONNECT (English) to [686868](https://www.kidshelpphone.ca)

### Jeunesse J'écoute

1-800-668-6868

Text: PARLER (French) [686868](https://www.jeunesse.ca)

### First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310

This toll-free crisis intervention support line is to connect First Nations and Inuit young people and adults experiencing distress with experienced crisis intervention counsellors. Services are available 24/7 in English and French, and if requested – Cree, Ojibway and Inuktitut.

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## **Crisis Services Canada (CSC)**

**1-833-456-4566**

<https://www.crisisservicescanada.ca/en/>

CSC is a collaboration of non-profit distress and crisis service centres from across Canada. We offer a nationally available, regionally delivered service to anyone thinking about or affected by suicide. This service is available across Canada via toll-free phone, chat or text in English and French. Connect with someone now.

Online: [Chat Support](#)

Text: @45645 available daily 4pm-12am

## **Trans Lifeline**

**1-877-330-6366**

<https://translifeline.org/>

Provides trans peer support for trans and questioning peers 24/7.

## **Boots on the Ground Peer Support for First Responders**

**1-833-677-2668**

<https://www.bootsontheground.ca/>

Anonymous peer support for First Responders, by First Responders.

## **Other Community Services**

### **Mental Health and Addiction Access Line**

**1-866-550-5205**

Provide telephone support for adult residents of Niagara facing addiction and mental health concerns. Callers get immediate access to supportive, trained responders who provide information, support, connection to local services and follow up.

### **Centre de Santé Communautaire Hamilton/Niagara**

**1-866-885-5647**

<http://www.cschn.ca/>

A multi-disciplinary agency serving the French speaking population of Niagara and Hamilton Regions. Programs include counselling and community initiatives for children and adults.

### **Canadian Mental Health Association - Niagara Branch**

**905-641-5222**

<https://niagara.cmha.ca/>

#### **Urgent Support Service**

Mental Health counselors are available to assist individuals (16 + years of age) in meeting immediate needs for problem solving, goal setting, and linking to appropriate community supports. Available Monday to Friday from 11:30 a.m.- 5:30 p.m. at:

- 264 Welland Avenue, St. Catharines
- 6760 Morrison Street, Niagara Falls

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**Niagara Region Mental Health Program** 905-688-2854 ext 7262

[https://www.niagararegion.ca/living/health\\_wellness/mentalhealth/default.aspx](https://www.niagararegion.ca/living/health_wellness/mentalhealth/default.aspx)

Confidential counselling, support, education and treatment for residents with severe and persistent mental illness and concurrent disorders.

**Family Mental Health Support Network of Niagara** 905-894-6806

<http://www.familysupportniagara.com/>

Offering coping skills support and education to families who have a relative with the following mental health issues, including **SafeTALK workshops**.

**Information Services** Dial 2-1-1 or 905-682-6611

<https://www.incommunities.ca/en/>

InCommunities provides information about available community resources and programs.

**ConnexOntario** 1-866-531-2600

<https://www.connexontario.ca/en-ca/>

ConnexOntario is an information and referral service, focusing on mental health, addiction and problem gambling services in the province.

## Postvention Supports

A **postvention** is an intervention conducted after a suicide, largely taking the form of support for the bereaved Family and friends of the suicide victim may be at increased risk of suicide themselves.

**Loving Outreach** 905-934-2176

<http://www.lovingoutreach.org/>

A support group for survivors grieving the loss of someone through death by suicide.

**Bereaved Families of Ontario** 905-318-0070

<https://bereavedfamilies.net/>

An association of families for parents who have lost a child through death and for children up to 19 years who have lost parents, siblings or other significant persons through death. Also one-to-one support and telephone support. Support programs.

**Survivor Support Program** 416-595-1716

<https://www.dcoqt.com/survivor-support>

Counseling and support for adult members of families in which there has been a death by suicide or homicide. Offers individual support, group counseling and community education. Resource Centre available to all.

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## **EAP (Employment Assistance Program)**

Check to see if you have an EAP – Employment Assistance Program through your work- place which offers free limited confidential access to trained counsellors. Your health insurance and benefit coverage may also provide an annual allowance for psychological services. Clergy, spiritual leaders or funeral home directors may also be of help.