

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

- Crisis Outreach and Support Team (COAST): 1-866-550-5205
<http://coastniagara.ca>
- 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/>
- Pathstone Mental Health Crisis Services: 1-800-263-4944
<http://www.pathstonementalhealth.ca/services/crisis-services>
- Kids Help Phone: 1-800-668-6868 <http://www.kidshelpphone.ca/Teens/home.aspx>
- Niagara Sexual Assault Centre: 905-682-5484
- Safe Beds: Access Line at 1-866-550-5205, extension 2.
<https://niagara.cmha.ca/safe-beds-short-term-residential-service/>
- Canada Suicide Prevention Hotline: 1-833-456-4566

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

Adults:

- 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_dTz7QIVAh1C h1AXwxnEAAAYASAAE gJB0vD_BwE MindBeacon offers free therapist-guided online Cognitive Behavioral Therapy (CBT) for Ontario residents 16 years of age and older
- AnxietyCanada: <https://www.anxietycanada.com/> - Online coping skills and breathing techniques for anxiety
- AbilitiCBT: <https://myicbt.com/home> This program offers free internet-based Cognitive Behavioral Therapy (CBT) for residents of Ontario and Manitoba

- Breaking Free Group: <http://www.breakingfreegroup.com> This website provides support for those struggling with substance abuse.
- Wellness Together: <https://wellnesstogether.ca/en-CA> . - This website provides connection to self-directed tools, group coaching and phone/text counselling. It includes modules for addressing low mood, worry, substance use, social isolation and relationship issues, breathing/mindfulness techniques
- Mental Health Helpline 1-866-531-2600 <http://www.mentalhealthhelpline.ca> The Mental Health Helpline provides information about mental health services in Ontario. We are funded by the Government of Ontario. A helpful Information and Referral Specialist will answer your call, email or web chat 24/7. Our service is free and confidential. Services:
 - Provide information about counselling services and supports in your community
 - Listen, offer support and provide strategies to help you meet your goals
 - Provide basic education about mental illness
- Together all: <https://togetherall.com/en-us/> - Online support that teaches research-based coping strategies, provides education, and mental health resources

Children/Youth:

- 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>
 - Web counseling
 - For ages 20 & under, free, 24/7, anonymous, confidential, non-judgmental. The KHP Promise is anonymous - means you don't have to tell us who you are. Confidential means whatever you tell us is safe.
- 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>

Option 3: Try an app

- For anxiety: MindShift CBT - Anxiety Canada
- For anxiety/panic: DARE
- For mindfulness: Headspace OR Calm
- For positive psychology: Happify

- For low mood: MoodMission

Option 4: Unplug and check out a book

Low mood

1. Mind Over Mood, 2nd Edition by D. Greenberger & C. Padesky
2. Overcoming Depression One Step at a Time by M.E. Addis & C.R. Martell

Anxiety

1. The Anti-Anxiety Workbook by M.M. Antony & P.J. Norton
2. 10 Simple Solutions to Worry by K.L. Gyoerkoe & P.S. Wiegartz

Sleep

1. Quiet Your Mind and Get to Sleep by C.E. Carney & R. Manber

Intense emotions

1. The Dialectical Behaviour Therapy Skills Workbook by M. McKay, J.C. Wood, & J. Brantley

Hoarding

1. Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding by Tolin, Frost, & Steketee.

OCD

1. Getting Over OCD: A 10-Step Workbook for Taking Back Your Life by Abramowitz.

Grief

1. The Grief Recovery Handbook by Friedman & James.

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.

Option 5: Other Helpful Community Connections

- 211 Niagara - <https://www.incommunities.ca/en/211-niagara/> 211 is here to help you find the right community and social services, is free, confidential and available 24 hours a day, 365 days a year.

- Find a Family Physician HealthCare Connect 1-800-445-1822
www.ontario.ca/healthcareconnect <https://www.niagararegion.ca/health/find-a-doctor.aspx>
- Food Resources for Niagara - [Food Banks, Meal Programs and Emergency Food - Niagara Region, Ontario](#)
- Urgent Support Services / CMHA - <https://niagara.cmha.ca/programs-services/someone-to-talk-to/>
- Community Addiction Services of Niagara (CASON) - Addiction programs, counsellors, education, support 905-684-1183
- John Howard Society - Anger Management Program 905-682-2657
- Niagara Regional Housing - www.nrh.ca or 905-682-9201
- Oaks Centre Clubhouse- 24 Dorothy St., Welland Ontario, L3B 3V7
Phone: 905-788-3010. <http://www.oakcentre.ca/>
- Niagara Region Mental Health -
https://www.niagararegion.ca/living/health_wellness/mentalhealth/default.aspx
- Canadian Mental Health Niagara - <https://niagara.cmha.ca/>
- Autism Ontario - <https://www.autismontario.com/>
- Aboriginal Health Centre - <https://aboriginalhealthcentre.com/>
- Family Mental Health Support Network - <http://www.familysupportniagara.com/>
The Family Mental Health Support Network (FSN) 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.
- 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/>
- Youth Wellness Hub - <https://youthhubs.ca/en/sites/niagara/>