

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/>
- Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced Helpline counsellors, many are Indigenous, can help if asked to find wellness supports that are available in your area. If you require immediate support, please contact the Hope for Wellness Help Line at 1-855-242-3310 to access toll-free, 24/7 counselling and crisis intervention.
- The Indian Residential Schools Crisis Line (1-866-925-4419) is available 24 hours a day for anyone experiencing pain or distress as a result of their residential school experience.
- The Indigenous Victim Services at Six Nations Line (1-866-964-5920). After hours & weekends: 1-866-445-2204. Available to people living in Brantford, Hamilton or the Six Nations community.
- The Métis Nation of Ontario (MNO) is proud to offer a 24HR Mental Health and Addictions (MHA) Crisis Line. For culturally specific mental health and addiction supports for adults, youth, and families in Ontario (available in English and French) please call: 1-877-767-7572. Once connected services can be delivered in person, over the phone, or by video conference.
- 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
- Trans Lifeline: <https://translifeline.org/> 1-877-330-6366.

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 h1AXwxnEAAYASAAE 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

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
- For self-care: Finch

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 - For additional counselling and therapy resources: call 211 or 905-682-6611 / 1-800-263-3695

- 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 - <https://www.incommunities.ca/en/food-asset-map/>
- Mental Health and Addiction Access Line – free services to connect you to the appropriate mental health and addictions services for those over the age of 16 years, 1-866-550-5205 ext 2 <https://www.accesslineniagara.com/>
- 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/>
- 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/>
- The Métis Nation of Ontario (MNO) is proud to offer help navigating mental health and addictions services in your community please contact our confidential support services at Toll Free Number: 1-800-263-4889 Ext. 7 Email: MHA@metisnation.org
- Indian Residential Schools Resolution Health Support Program (IRSRHSP). If you attended a residential school, you and your family may be eligible to receive health support services, such as Cultural Support: Elders, Knowledge Holders, and Traditional Healers for traditional healing, ceremonies or teachings, Emotional Support: Resolution Health Support Workers to listen, talk and provide support, Professional Counselling: A Psychologist or Social Worker for individual or family counselling, Transportation: Assistance with transportation may be offered when professional counselling and cultural support services are not locally available. Phone toll free: 1-888-301-6426 Toll free confidential fax: 1-877-430-3306. <https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>
- Missing and Murdered Indigenous Women and Girls - Please visit the Government of Canada Missing and Murdered Indigenous Women and Girls Page for information on aftercare, community gatherings or if you are a Party With Standing. Contact number: 613-957-5153. Support Line 1-844-413-6649 An independent, national, toll-free support call line is available to provide support for anyone who requires assistance. This line is available free of charge, 24 hours a day, 7 days a week.
- De dwa da dehs nye>s Aboriginal Health Centre Niagara: 1-877-402-4121 ext 555. Culturally safe mental health & addictions services for all members of the urban indigenous community in the regions of Hamilton, Brantford/Brant and Niagara. We work with individuals over the age of 6 to provide: counseling, groups, outreach, navigation, case management and peer support.
- Fort Erie Native Friendship Centre - provides a wide variety of culturally relevant services to the South Niagara Indigenous community, including education, youth services, family support, health, healing, and wellness, mental health counselling. 796 Buffalo Road, Fort Erie Call: 905-871-8931 www.fenfc.org

- Niagara Regional Native Centre (NRNC) - provides a wide variety of culturally relevant services to the Niagara Indigenous community, including supportive housing, health, healing, and wellness, mental health counselling and crisis intervention, and employment. Call: 905-688-6484 www.nrnc.ca
- Niagara Chapter Native Women - is here to offer support to urban Aboriginal women and their families. Ongoing support through referrals and advocacy is offered on an as-needed basis. 1088 Garrison Road, Fort Erie, Ontario (Office) 905-871-8770 www.ncnw.ca
- Niagara Region Métis Council 3250 Schmon Parkway, Unit 1a, Thorold, ON L2V 4Y6, 905-682-3487
- Traditional Healers Program – Indigenous Diabetes Health Circle -culturally safe mental health and addictions services for all members of the urban indigenous community. Free consultations offered by Elders, traditional practitioners, and knowledge keepers (review IDHC’s Facebook page for further details on dates and registration). <https://idhc.life/diabetes-wellness-program/traditional-healer-registration/>
- Health Canada – First Nations and Inuit Non-Insured Health Benefits - This program provides coverage for professional mental health counselling for eligible clients. An eligible client must be a resident of Canada and a First Nations person who is registered under the Indian Act (Status), An Inuk recognized by an Inuit land claim organization <https://www.sac-isc.gc.ca/eng/1576441552462/1576441618847>
- Don Neufeld - Specialize counselling services for Indigenous People. 905-650-1577, neufeldcounselling@outlook.com
- The Family Enhancement Centre – Online Indigenous Counsellors - is a mental health agency dedicated to helping people maintain a state of wellness for themselves and their families; improve and learn new strategies for dealing with difficult times and recover from serious setbacks and traumas in their lives. We work from a strength-based perspective, looking for solutions to help people move on from their problems. 1-833-275-8332 info@tfec.ca
- Hamilton Community Legal Clinic - Lyndon George, Clinic’s Indigenous Justice Coordinator georgel@lao.on.ca, <https://hamiltonjustice.ca/en/community-justice/indigenous-justice/>
- Family Counseling Centre – offers quality counseling services to individual, couples and families in the Niagara Regional, offering a variety of special groups and programs designed to address specific issues and concerns, including

individual or group therapy or developmental services. Phone: (905) 937-7731
Toll-free: 1-888-937-7731 ext 3345, <https://www.fcniagara.on.ca/>

- Niagara Folk Arts Multicultural Center – celebrates and promotes cultural, social and economic inclusion and well-being of all immigrants and newcomers located at 85 Church Street, St Catharines, 905-685-6589, email generalenquiries@folk-arts.ca or website: <https://www.folk-arts.ca/>

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.