

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

- Pathstone Mental Health Crisis Services: 1-800-263-4944
<http://www.pathstonementalhealth.ca/services/crisis-services>
- 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/>
- Kids Help Phone: 1-800-668-6868, text CONNECT to 686868
<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/>
- Family and Children's Services - 905-937-7731 or 1-888-937-7731
<https://www.facsniagara.on.ca/en/>
- The RAFT - 905-984-4365 or 1-833-984-4365 <http://www.theraft.ca/site/home>
- Bullying Canada 1-877-352-4497 <https://www.bullyingcanada.ca/>

- 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

- 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_dTz7QIVAh1AXwxnEAAAYASAAEgJB0vD_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>

- 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>
- Sick Kids Learning hub - resources for parents on how to support your child's mental health and general well-being through physical activity, sleep and nutrition. It also provides information on the signs, symptoms and treatments of different mental health conditions, including anxiety, bipolar disorder, depression, behavioural disorders, anorexia nervosa and attention deficit hyperactivity disorder, [Mental health Learning Hub \(aboutkidshealth.ca\)](http://aboutkidshealth.ca)
- Anxiety Canada - free online, self-help, and evidence-based resources on anxiety - [Home - Anxiety Canada](http://anxietycanada.com)
- Mental Health Foundation - range of parent resources to help improve capacities to help your children with mental health recovery [For Caregivers | mhfoundations-efft \(mentalhealthfoundations.ca\)](http://mentalhealthfoundations.ca)

Option 3: Try an app

- For anxiety: MindShift CBT - Anxiety Canada
- For anxiety/panic: DARE
- For low mood: MoodMission
- For mindfulness: Headspace, Calm OR mindshift
- Mood – tracks mood, sleep and your personal notes
- For positive psychology: Happify
- For safety planning: Be Safe by mindyourmind
- For stress: Zen Garden <https://mindyourmind.ca/tools/zen-garden>

Option 4: Unplug and check out a book

Anger – Starving the Anger Gremlin

Anxiety - Starving the Anxiety Gremlin

Low mood – Starving the Depression Gremlin

Stress – Starving the Stress Gremlin

Embrace Your Emotions - <https://www.worrywoos.com/>

Option 5: Other Helpful Community Connections

Niagara Area:

- 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.
- Aboriginal Health Centre - <https://aboriginalhealthcentre.com/>
- Bethesda – offer a range of individual and group services/supports for children and youth with special needs between the ages of 2-18 years and Bethesda Service Coordinator Line (905-684-6918 x 170)
<https://www.bethedaseservices.com/pages/index/Children%20Services/>
- Canadian Mental Health Niagara - <https://niagara.cmha.ca/>
- CBT Niagara - <https://www.cbt Niagara.com/>
- Community Addiction Services of Niagara (CASON) - Addiction programs, counsellors, education, support 905-684-1183 <https://cason.ca/youth-services/>
- Family Counseling Centre – 905-937-7731 ext 3345
<https://www.fccniagara.on.ca/>
- 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.
- Food Resources for Niagara - [Food Banks, Meal Programs and Emergency Food - Niagara Region, Ontario](#)
- Fort Erie Native Friendship Centre - <https://www.fenfc.org/programs>
- Human Trafficking – 1-833-900-1010, <https://niagaraantihumantrafficking.com/> and Niagara Regional Police <https://www.niagarapolice.ca/en/what-we-do/human-trafficking.aspx#>
- Hospice Niagara - <https://www.hospiceniagara.ca/>
- 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/>
- Niagara Parents – provides a variety of services to help you raise a happy and health family, connect with a public health nurse, 905-684-7555, <https://www.niagararegion.ca/parents/contact.aspx>
- Niagara Region Mental Health - https://www.niagararegion.ca/living/health_wellness/mentalhealth/default.aspx
- Pathstone Mental Health Walk in Clinics - <https://pathstonementalhealth.ca/walk-in-clinic/>
- Pflagcanada – St Catharines/Niagara - Education, advocacy, and support for people who identify as lesbian, gay, bisexual, transgender, two spirited, queer or questioning, and their families, 1-888-530-6777 ext 600
<https://www.hnhbhealthline.ca/display/service.aspx?id=182474>

- Rainbow Youth - tailored to the unique needs and barriers experienced by sexually and gender diverse populations <https://questchc.ca/participate-at-quest/rainbowniagara/>
- Red Cap/Emotions Management - emotions management program geared to 6 to 10 year olds <http://salvationarmystcatharines.com/family-services/red-cap/>
- Urgent Support Services / CMHA - <https://niagara.cmha.ca/programs-services/someone-to-talk-to/>
- Youth Wellness Hub - <https://youthhubs.ca/en/sites/niagara/>

Other Areas:

- Almost anyone can be affected by psychosis - <https://www.psychosissucks.ca/schizophrenia-society-of-canada/>
- Autism Ontario - <https://www.autismontario.com/>
- Eat Right Ontario - a free service that connects residents of Ontario to the trusted advice of a Registered Dietitian to help you make healthier food choices and answer your nutrition questions <https://www.ementalhealth.ca/index.php?m=record&ID=55448>
- Family Care Centre - evidence-based resources to help families and those working with kids [Resources - Children's Mental Health Ontario \(cmho.org\)](https://www.cmho.org/resources-childrens-mental-health-ontario)
- Find a Family Physician HealthCare Connect 1-800-445-1822 www.ontario.ca/healthcareconnect <https://www.niagararegion.ca/health/find-a-doctor.aspx>
- Ontario Ombudsman - <https://www.ombudsman.on.ca/what-we-do/topics/children-youth>
- McMaster Community Education Services - <https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/family-resources/> McMaster Children's Hospital provides educational courses and skills training workshops to the community on a variety of topics, including parenting, child development and child and youth mental health concerns. Programs are available for children, youth and caregivers, and are held regularly at locations across the Greater Hamilton Area. All programs are free, but do require registration.
- National Eating Disorders – provides information, resources, referrals and support to Canadians affected by eating disorders, 1866-633-4220, <https://nedic.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.