

Mental Health Supports 5/11/2026 1:20 PM

In our current healthcare system, we appreciate that waiting for support may be a frustrating part of the process. While you wait, the following resources may be helpful to you.

Many of these resources are general in nature and are not meant to be a substitute for professional assessment, diagnosis or treatment. Contact your primary care provider for specific questions about your personal health.

If you or someone you love is at immediate risk of harm to themselves or others, contact 9-1-1 or go to the local emergency department.

Crisis Support

Local

[Distress Centre Niagara](#)

Live Online Chat, Text 905-682-2719

Distress Centre Niagara is committed to providing free, confidential 24-hour, 365-day support and crisis/suicide prevention and intervention to individuals in need in the Niagara Region.

St. Catharines, Niagara Falls and Area:	Call 905-688-3711
Port Colborne, Wainfleet and Area:	Call 905-734-1212
Fort Erie and Area:	Call 905-382-0689
Grimsby, and West Lincoln:	Call 905-563-6674

[Crisis Outreach and Support Team \(COAST\)](#)

1-866-550-5205

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.

[Niagara Sexual Assault Centre](#)

905-682-5484

24 Hour Crisis Line for victims of sexual violence in Niagara.

[CMHA SafeBeds](#)

1-866-550-5205, ext 2

SafeBeds offers an alternative to hospitalization for individuals with a mental illness experiencing a crisis and unable to stay in their current living situation. SafeBeds is a voluntary, non-medical facility providing services 24/7. Access through the Mental Health and Addictions Access Line.

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National

[988 Suicide Prevention Helpline](#)

Call or Text 9-8-8

The service offers trauma-informed and culturally affirming support to anyone who is thinking of suicide, or who is worried about someone they know. Available to anyone in Canada with service provided in English and French.

First Responders

[Boots on the Ground](#)

1-833-677-2668

Anonymous peer support for first responders, staffed by volunteers who have been through it. Open to any retired or serving, sworn or civilian, firefighters, police officers, paramedics, nurses, corrections/probation & parole/youth services workers, emergency dispatch operators, and military and veterans, 24/7.

Indigenous Service Providers

[Hope for Wellness Helpline](#)

1-855-242-3310

Immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

[Talk4Healing](#)

Live Online Chat, Call or Text 1-855-554-HEAL

Beendigen's Talk4Healing Helpline offers help, support, and resources 24/7 through talk, text, and chat for Indigenous women and their families. Service is available in multiple languages, please visit the website for a full list.

[Indian Residential School Crisis Line](#)

1-866-925-4419

24-Hour emotional and crisis support for anyone experiencing pain or distress as a result of their residential school experience.

[Missing and Murdered Indigenous Women and Girls Crisis Line](#)

1-844-413-6649

Provides 24/7 support to family, friends and community members who are being impacted by the loss of a missing or murdered Indigenous woman, girl or Two-spirit person, in English, French, Cree, Anishnaabemowin (Ojibway) and Inuktitut.

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2SLGBTQIA+

[Trans Lifeline](#)

1-877-330-6366

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans. Monday to Friday, 1PM – 9PM.

[LGBT Youthline](#)

Live Online Chat, Text 647-694-4275

Our helpline is staffed by peer support volunteers, who are all 2SLGBTQ+ youth aged 16-29, living across Ontario. They aren't professional counsellors, but are trained in active listening, anti-racism, harm reduction, and topics related to gender and sexuality. Whether you're questioning your identity, dealing with family, feeling lonely, or just want to chat, we're here for it.

Children and Youth

[Kids Help Phone](#)

Call 1-800-668-6868, Text 686868

Kids Help Phone's e-mental health services are available 24/7 across Canada. This means that we're here for kids, teens and young adults from coast to coast to coast.

[Black Youth Helpline](#)

1-833-294-8650

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.

[One Stop Talk](#)

Live Online Chat, Call 1 855 416 TALK (8255)

One Stop Talk is a free, confidential service that lets kids and youth under 18 years of age get immediate mental health support with a registered therapist.

Online Resources

[Self Help Toons](#)

Free animated self-help video courses about therapy and mental health. Making evidence-based, empirically supported psychological concepts easy to understand.

[BounceBack Ontario](#)

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, depression, anxiety, stress

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or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

[MindBeacon](#)

MindBeacon offers therapist-guided online Cognitive Behavioral Therapy (CBT) for Ontario residents 16 years of age and older. Fees apply, see website for details.

[Anxiety Canada](#)

Tools and strategies for coping with anxiety.

[TogetherAll](#)

Online community of real people who provide support and practical tools and resources.

Mobile Apps

For Anxiety & Panic:



MindShift CBT – Anxiety Relief



Dare: Anxiety & Panic Attacks

For Mindfulness:



Headspace



Calm

For Stress Management:



Dario Mind (Twill)

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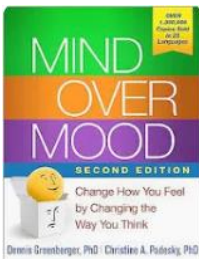
For Self-Care and Routines:



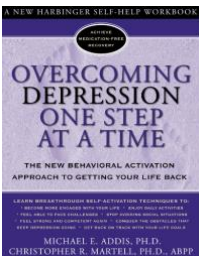
Finch

Psychoeducation and Self-Help Books

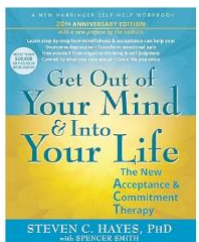
Low Mood:



Mind Over Mood, 2nd Edition
by D. Greenberger & C. Padesky



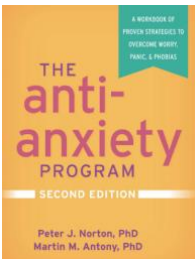
Overcoming Depression One Step at a Time
by M.E. Addis & C.R. Martell



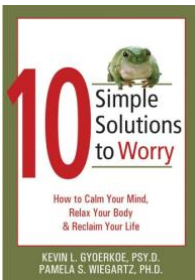
Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy
by S. Hayes

Anxiety:

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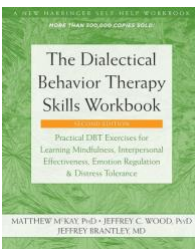


The Anti-Anxiety Program: A Workbook of Proven Strategies to Overcome Worry, Panic, and Phobias
by P. J. Norton and M. M. Antony

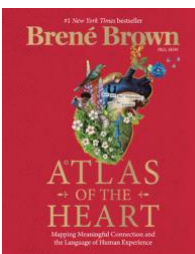


10 Simple Solutions to Worry
by K.L. Gyoerkoe & P.S. Wiegartz

Emotions:



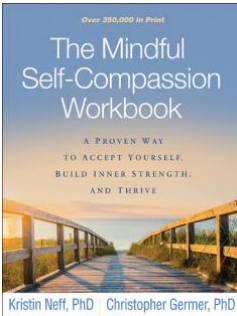
The Dialectical Behaviour Therapy Skills Workbook
by M. McKay, J.C. Wood, & J. Brantley



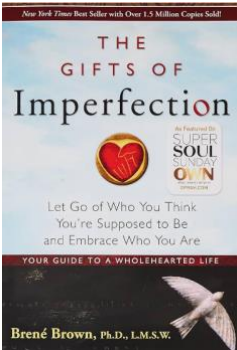
Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience
by B. Brown

Self Compassion:

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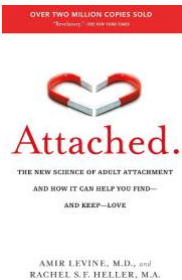


The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive
by K. Neff & C. Germer

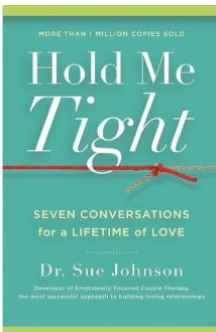


The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are
by B. Brown

Relationships:

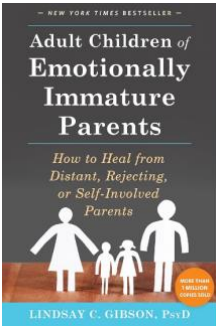


Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love
by A. Levine and R. S. F. Heller



Hold Me Tight: Seven Conversations for a Lifetime of Love
by S. Johnson

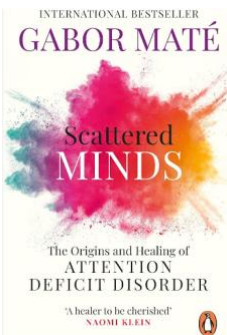
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Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents

by L. Gibson

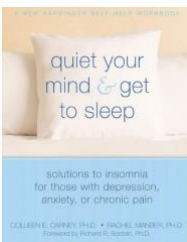
ADHD:



Scattered Minds: The Origins and Healing of Attention Deficit Disorder

by G. Maté

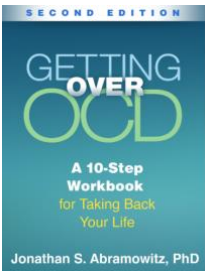
Sleep:



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

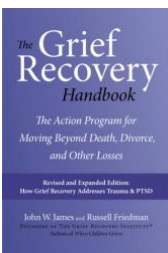
OCD:

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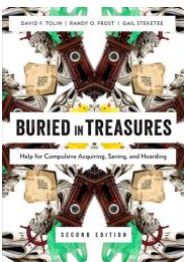
Getting Over OCD: A 10-Step Workbook for Taking Back Your Life
by J. Abramowitz

Grief:



The Grief Recovery Handbook
by J. W. Friedman & R. James.

Hoarding:



Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding
by D. F. Tolin, R. O. Frost, & G. Steketee

Community Resources

There are many community resources and organizations that provide a wide range of support. For more information on what is available in your community, please contact 211.