

NEED HELP IN BRANT?

IF YOU ARE IN NEED
OF URGENT, MEDICAL
ASSISTANCE, CALL
9-1-1 IMMEDIATELY

CONTACT BRANT **519-758-8228**

(CONTACT BRANT IS CONSIDERED A FIRST-POINT-OF-CONTACT TO ACCESS SERVICES FOR CHILDREN AND YOUTH, AGES 0-18 YEARS, WHO HAVE EMOTIONAL, BEHAVIOURAL, AND/OR PSYCHIATRIC CHALLENGES)

ST. LEONARD'S COMMUNITY SERVICES

MENTAL HEALTH CRISIS LINE **519-759-7188**

(ST. LEONARD'S ALSO OFFERS A DAILY, ALL AGES, WALK-IN CLINIC BETWEEN 11AM AND 8PM)

THE WILLET **519-442-2251**

(THE WILLET AIDS INDIVIDUALS 16+ YEARS OF AGE AND PROVIDES MENTAL HEALTH SERVICES, SUCH AS: CRISIS RESPONSE, EMERGENCY MENTAL HEALTH SUPPORT, MENTAL HEALTH & CRISIS COUNSELING, AND ADDITIONAL SUPPORT PROGRAMS)

VICTIM SERVICES OF BRANT **519-752-3140**

(VICTIM SERVICES OF BRANT IS A COMMUNITY-BASED AGENCY THAT ASSISTS EMERGENCY SERVICES IN PROVIDING ACCESSIBLE, CONFIDENTIAL, CLIENT-CENTRED SUPPORT TO VICTIMS OF CRIME, TRAGIC CIRCUMSTANCES, AND/OR DISASTER)

WOODVIEW MENTAL HEALTH & AUTISM SERVICES **519-752-5308**

(WOODVIEW OFFERS A RANGE OF SERVICES FOR CHILDREN AND YOUTH FACING MENTAL HEALTH CHALLENGES AND FOR THOSE DIAGNOSED WITH AUTISM SPECTRUM DISORDER)

PLEASE USE THE
FOLLOWING DATABASE
TO VERIFY CONTACT
INFORMATION: **WWW.INFO-BHN.CA**



NEED HELP IN BRANT? TEENS

IF YOU ARE IN NEED
OF URGENT, MEDICAL
ASSISTANCE, CALL
9-1-1 IMMEDIATELY

TELEHEALTH [1-866-797-0000](tel:1-866-797-0000)

(TELEHEALTH PROVIDES ROUND-THE-CLOCK ACCESS TO REGISTERED HEALTH PRACTITIONERS FOR NUMEROUS CONCERNS, INCLUDING: TEEN HEALTH AND ISSUES, DEPRESSION, SUICIDE, AND OTHER MENTAL HEALTH CONCERNS)

KIDS HELP PHONE [TEXT 686868 TO CHAT WITH A VOLUNTEER CRISIS RESPONDER 24/7](tel:1-800-668-6868)

(ALSO, KIDS HELP PHONE CAN BE REACHED BY CALLING 1-800-668-6868 OR VISITING THEIR WEBSITE AT: WWW.KIDSHELPPHONE.CA)

GOOD2TALK [1-866-925-5454](tel:1-866-925-5454)

(GOOD2TALK IS A POST-SECONDARY STUDENT HELPLINE THAT IS CONFIDENTIAL AND AVAILABLE 24/7)

RIGHT BY YOU RIGHTBYYOU.CA

(RIGHT BY YOU IS POWERED BY JACK.ORG AND FOCUSES ON BRINGING CANADIANS TOGETHER TO BETTER SUPPORT TEEN MENTAL HEALTH - A JACK.ORG CHAPTER HAS BEEN ESTABLISHED AT THE PARIS DISTRICT HIGH SCHOOL)

BE SAFE APP BESAFEAPP.CA

(THE BE SAFE APP IS A FREE MOBILE APP THAT AIMS TO HELP TEENS MAKE DECISIONS ABOUT SEEKING HELP IN A CRISIS - AVAILABLE 24/7)

HOPEMORE HOPEMORE.CA

(FOR YOUTH IN HALDIMAND, NORFOLK, AND BRANT COUNTIES WHO NEED ASSISTANCE OR INFORMATION ABOUT MENTAL HEALTH, COPING STRATEGIES, AND WELL-BEING)

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