

Mental Health / Counselling Resources

🔍 Not sure where to start?

211

211 ONTARIO

Dial OR text 2-1-1 (chat also available on website)
<https://211ontario.ca/search/>

Free information about community, social, health and related government services

Available 24/7 in 150+ languages

CENTRAL INTAKE



1-888-454-6275

Speak to a clinician who will guide the caller through the process and direct them to an appropriate agency/service in the community who can offer support for their situation.

Anyone can call. No referral is needed.

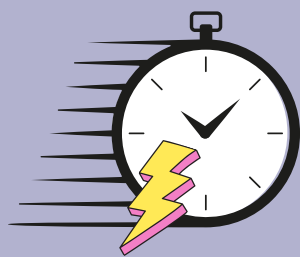
Monday to Thursday from 9 a.m. to 8 p.m. Friday from 9 a.m. to 5 p.m. Closed weekends and all statutory holidays.

Quick Counselling

FRONTENAC YOUTH SERVICES QUICK ACCESS CLINIC

Offering single session counselling to adolescents 12-18 years old and/or caregivers.

Clinic Hours 9am to 4pm (last session of the day starting at 3pm).
Call central intake to access



DURHAM COUNSELLING WALK-IN CLINIC

For youth 3-19 and their families

In-person, video and phone sessions available. Please call the Clinic Coordinator at 289-509-0603 ext. 3203 for an intake call.

This service provides same-day counselling on what client would like to address and/or allows the client to build on existing strengths and create plan for positive change.

This service is staffed by providers from Carea Community Health Centre, Catholic Family Services of Durham, Lakeridge Health -Pinewood and Child Youth and Family Program, and Frontenac Youth Services

Community Counselling Resources

Catholic Family Services of Durham

Email: info@cfsdurham.com

Phone Number: 905-725-3513 or 1-877-282-8932

Salvation Army Community and Family Services

Phone Number: 905-723-7422

Durham Community Health Care

Email: info@durhamchc.ca

Phone Number: 905-723-0036

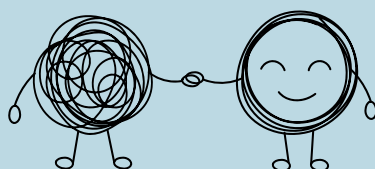
Oshawa Psychological and Counselling Services

Phone Numbers: 1-866-568-9476 or 905-721-7723

John Howard Society

Email: jhsd@jhsd.ca

Call: 905-579-8482



Kid's Help Phone



kidshelpphone.ca
1-800-668-6868

Call to speak with a counsellor or use the "chat" feature on their website 24/7.

This website also contains excellent resources related (but not limited) to:

- Body image
- Bullying
- Equity
- Physical Health
- Safety
- Self care
- Self injury

Other Useful Websites:

Canadian Mental Health Association: <https://ontario.cmha.ca/mental-health/child-and-youth-mental-health/>

A source of information related to child and youth mental health issues and services in Ontario.

Children's Mental Health Ontario: <https://cmho.org/>

This is a network of child and youth mental health centres ready to help children and families with free counselling / treatment. Care can be provided in person, on the phone or virtually.

Mind Your Mind: mindyourmind.ca

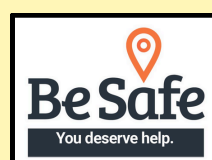
This organization works with young people ages 14 to 29 to build capacity and resilience.

Youth Mental Health Canada: <https://ymhc.ngo/>

Provides educational resources related to mental wellness and resilience.

Be Safe App: <https://besafeapp.ca/>

This app helps users to create a safety plan, find local resources and learn how to be safe in a mental health or substance use crisis.



LOCAL RESOURCES FOR CRISIS INTERVENTION



If you or someone you love is in immediate crisis, please call 9-1-1 or go to your closest Hospital's Emergency Room.

Crisis Response
905-666-0483 OR 1-800-742-1890

Telephone support is available toll free, 24 hours per day, to support the individual in crisis and/or their supports. A visit from the mobile crisis team can also be arranged.



9-8-8 Crisis & Suicide Prevention
Call or text 9-8-8

9-8-8

The service is free and can be accessed 24 hours a day, 7 days a week, 365 days a year. Trained crisis responders listen and provide non-judgmental, compassionate support. Translation services available

Distress Centre Durham
905-430-2522 & 1-800-452-0688

Phone support from volunteers trained in crisis intervention and suicide prevention.



Ontario Shores -Mental Health Crisis Line
1-800-263-2679



24 hour phone support
from Mental Health Staff