

Where to turn for mental health support in Halton Hills

In times of tragedy it helps to know that we are not alone. If you or a loved one is in need of support in Halton Hills, here is a local list of mental health resources:

Canadian Mental Health Association (CMHA)

Support available for residents ages 16 and up Thursdays from 1-7 p.m. at Hillsview Active Living Centre, 318 Guelph St. (back of building)

COAST (Crisis Outreach and Support Team) Service provided by Halton regional police. 24-7 mental health crisis support for those 16 and older
Phone: **1-877-825-9011**

ConnexOntario

Call, chat, email 24-7 helpline: **1-866-531-2600**

Distress Centre Halton (North Halton)

24-7 mental health support line for free, anonymous, confidential listening and crisis intervention

Phone: **905-877-1211**

Equilibrium

Peer support for those affected by depression and bipolar disorder. Available on the fourth

Wednesday of each month at Norval United Church (486 Guelph St., Norval) at 7 p.m.

Phone: **1-877-693-4270**

Good2Talk

Post-secondary student helpline
Phone: **1-866-925-5454**

Halton Families for Families

Support group for families of children and youth affected by mental illness

Halton Parents

Parent mental health support

Phone: **311** (ask to speak with a public health nurse from Monday to Friday, 8:30 a.m.-4:30 p.m.)

Kids Help Phone

24-7 call, text, chat crisis line
Phone: **1-800-668-6868**

Parents for Children's Mental Health

Support groups for parents and families of children and youth who face mental health

challenges

Available the fourth Monday of every month in Mississauga (85A Aventura Court) from 6-7 p.m.

Reach Out Centre for Kids (ROCK)

Georgetown (Mondays 12-8 p.m.)
Hillsview Active Living Centre
318 Guelph St. E., Unit 9,
Georgetown, Ont., L7G 4B5

Phone: **905-875-2575**
Acton (Tuesdays 4:15-8 p.m.)

Hillsview Active Living Centre

415 Queen St. E., Acton, Ont., L7J 2N2

Phone: **905-875-2575**

ROCK 24-hour crisis line:
905-878-9785

Woodview Mental Health and Autism Services

Mental health services to be available soon. Woodview hub is slated for completion at Harrison Public School in Georgetown by June 2018.

Phone: **905-689-4727**



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