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NEWS

3 MENTAL HEALTH CRISIS SERVICES TO CALL DURING HOLIDAYS, AND BEYOND

MELANIE HENNESSEY
mhennessey@metroland.com

Association of Halton.

2. Distress Centre Halton

Oakville: 905-849-4541
Burlington: 905-681-1488
Halton Hills: 905-877-1211

Distress Centre Halton is a non-profit, charitable organization that provides telephone and online support to local residents. The unique service utilizes volunteers who are trained for frontline work, providing emotional support and befriending people in distress or crisis.

The holidays can be a challenging time for many, and this year's pandemic is only compounding the situation.

In Halton, there are several resources available for individuals experiencing a mental health crisis. In addition to the 911 emergency service and local hospitals, the following resources are ready to help 24 hours a day, seven days a week:

1. Crisis Outreach and Support Team (COAST)

COAST crisis line: 1-877-825-9011

The COAST team provides those aged 16 and over experiencing a mental health crisis with immediate outreach and support. The crisis line is answered by a trained mental health crisis worker who supports callers and helps them make a plan to stay safe. The service is provided by Halton Regional Police and Canadian Mental Health

3. Reach Out Centre for Kids (ROCK)

24-hour crisis line: 905-878-9785

ROCK's Crisis Response Program provides immediate outreach for children and youth, their parents/caregivers and community members. The crisis line number connects callers to a 24-hour answering service, which then puts them in touch with a crisis counsellor as soon as possible.

To all essential service workers



On behalf of McDonald's Georgetown and Acton

THANK YOU