

## Mental Health Support in Niagara

<p><b>Crisis support</b>          Someone is experiencing a mental health crisis when they are at risk of hurting themselves or others. Call a helpline (listed below) or go to the Emergency Room immediately. If possible and appropriate, ask which option they prefer. <b>For mental health emergencies, call 9-1-1.</b></p>			
Suicide Crisis helpline	Call or text 24/7	9-8-8	
COAST Niagara	24/7 Telephone counselling and on-site crisis intervention	1-866-550-5205	
Talk Suicide Canada	Call - 24/7 Text 4pm-midnight	1-833-456-4566 TEXT 45645	<a href="http://talksuicide.ca">talksuicide.ca</a>
Distress Centre Niagara	Call 24/7 Support and crisis/suicide prevention and intervention	Fort Erie & area 905-382-0689  Grimsby, West Lincoln & area: 905-563-6674  Port Colborne, Wainfleet & area: 905-734-1212  St. Catharines, Niagara Falls & area: 905-688-3711	<a href="http://distresscentreniagara.com">distresscentreniagara.com</a>
Victim Services Niagara	A victim is any person whose life has been affected by a criminal act, traumatic circumstance or disaster	905-682-2626	<a href="http://victimservicesniagara.on.ca">victimservicesniagara.on.ca</a>

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<b>Counseling &amp; mental health support</b>			
Access Line Niagara	Mental Health and Addictions hotline	1-866-550-5205	<a href="http://accesslineniagara.com">accesslineniagara.com</a>
CMHA (Canadian Mental Health Association)	Free programs, services, consultations and resources to support individuals who are experiencing mental health challenges	905-641-5222	<a href="http://niagara.cmha.ca">niagara.cmha.ca</a>
Atch Niagara	Counseling	905-684-9333	<a href="http://attchniagara.com">attchniagara.com</a>
Niagara Counselling and Wellness	Counseling	905-988-5748	<a href="http://niagaracounselling.org">niagaracounselling.org</a>
Community Addiction Services of Niagara	Alcohol, drug and gambling/gaming/internet addiction treatment for individuals and their families	905-684-1183	<a href="http://cason.ca">cason.ca</a>
CARSA (Niagara Sexual Assault Centre)	Sexual Assault Support and counseling	905-682-4584	<a href="http://niagarasexualassaultcentre.com">niagarasexualassaultcentre.com</a>
Employee Assistance Programs	Some employers offer EAP through employee health benefits		
Your doctor's office	May have a counsellor onsite or can refer to local mental health supports		

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<b>Faith-based support</b>			
Niagara Life Centre	Counseling	905-934-0021	<a href="http://niagaralifecentre.ca">niagaralifecentre.ca</a>
Grimsby Life Centre (GLC)	Counseling	905-309-0944	<a href="http://grimsbylife.org">grimsbylife.org</a>
Lakemount	Pastoral Care	905-945-8888	<a href="http://lakemount.ca">lakemount.ca</a>

Due to the nature of non-profits, contact information tends to change. Please note if something is incorrect -- let's do our best to keep this list updated.