



# Guide to Accessing Support

## What is Therapy?

Therapy is a way to help people with emotional difficulties. It can help people understand symptoms that may be causing a negative impact on their life and increase well-being and healing.

There are a number of different types that can help with: coping with daily life, impact of trauma, grief, loss & a mental illness diagnosis.

## What to expect when accessing therapy:

### Orientation

- Parameters are established (who, what, where etc.)
- Trust, respect, honesty and effective communication begin to grow

### Working Phase

- Interventions take place
- Problems are identified and plans are put into action
- Validation, exploration and assessments occur
- Ongoing as new issues arise

### Resolution Phase

- Problems have been solved
- Potential feelings of loss
- Celebration of goals
- Increased independence



**This is empathy.**



## What is a Crisis?

A crisis state involves the breakdown of coping behaviour that may have been adequate in the past, and a person can no longer maintain their "status quo." Crisis support is meant to be "in the moment" support. It is a brief intervention.

## What to expect when contacting a Crisis Centre:

### Step 1: Define the Problem

What is the specific issue we want to solve, minimize or prevent?

### Step 2: Ensure Safety

Is anyone at risk? This may mean the situation has to be reported to professionals

### Step 3: Provide Support

Enter a calm state in order to solve the problem together

### Step 4: Examine Alternatives

Use creative thinking to solve problems in new ways

### Step 5: Make a Plan

Decide on an approach collaboratively by weighing options

### Step 6: Obtain Commitment

Tasks assigned. Plan is summarized to ensure understanding

Before you weigh in, tune in.

# Youth Resources in Hamilton

**There is help available. Reach out here for support:**

## **Alternatives for Youth (AY)**

905-527-4469

38 James St S. (2nd floor)

## **Barrett Centre**

905-529-7878 (24 hr crisis line)

126-128 Emerald St S.

## **Brennan House**

905-577-1166

614 King St E.

## **Child & Adolescent Services**

905-546-2424

100 Main St E.

## **COAST**

905-972-8338 (24 hr crisis line)

50 Charlton Ave E.

## **Contact Hamilton**

905-570-8888

140 King St E. Unit 4

## **Hamilton Regional Indian Centre**

905-548-9593

34 Ottawa St N.

## **Kid's Help Phone**

Text: CONNECT to 686868

Call: 1-800-668-6868

## **Kyle's Place**

370 Main St E. Unit 105

## **LGBT YouthLine**

Call: 1-800-268-9688 (6pm-9pm)

Text: 647-694-4275 (4pm-9pm)

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## Youth Resources in Hamilton Continued

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### **Living Rock**

905-528-7625  
30 Wilson St.

### **Lynnwood Charlton**

905-389-1361  
526 Upper Paradise Rd.

### **McMaster Children's Hospital**

905-521-2100  
1200 Main St W.

### **Notre Dame House**

905-308-8090  
14 Cannon St W.

### **RAAM Clinic (St. Joe's)**

905-522-1155 ext. 35800  
225 James St S.

### **Rainbow Mentors**

289-389-2061  
140 King St E. Unit 101

### **Ron Joyce Children's Centre**

905-521-2100 ext. 44446  
325 Wellington St N.

### **SACHA**

Office: 905-525-4573  
Crisis line: 905-525-4162  
75 MacNab St S. (3rd floor)

### **Thrive Child & Youth Trauma Services**

905-523-1020  
460 Main St E. Unit 201

### **Trans Lifeline**

1-877-330-6366

# Seeing the world as others do



**#GetReal**

mentalhealthweek.ca



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## Youth Resources in Hamilton Continued

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### **Transcend**

289-237-8336

20 Education Ct.

### **Womankind**

905-545-9100 (crisis line)

431 Whitney Ave.

### **Young Adult Substance Use Program**

905-522-1155 ext. 39492

100 West 5th St. Room B303

### **Youth Wellness Centre**

905-522-1155 ext. 31725

38 James St S.

## **Virtual Resources:**

### **BounceBack Ontario**

[www.bouncebackontario.ca](http://www.bouncebackontario.ca)

### **MindBeacon**

[www.mindbeacon.com](http://www.mindbeacon.com)

### **Mind Your Mind**

[www.mindyourmind.ca](http://www.mindyourmind.ca)

### **Speqtrum Hamilton**

[www.speqtrum.ca](http://www.speqtrum.ca)

**Thank You!**