

Emergency Help

COAST Hamilton

Mental health crisis outreach and support for all ages.

Crisis Line (905) 972-8338; coasthamilton.ca

Kids Help Phone

24/7 counselling and information service for young people.

Crisis Line 1-800-668-6868; kidshelpphone.ca

McMaster Children's Hospital: Child and Youth Mental Health Emergency Services (CHYMES)

McMaster Located within the emergency department for youth age 17 and younger.

1200 Main St W, Hamilton, ON L8N 3Z5

The Indigenous Hope for Wellness Help Line

1-855-242-3310; hopeforwellness.ca

The Black Youth Helpline

1-833-294-8650; blackyouth.ca

Sexual Assault Centre of Hamilton (SACHA)

Crisis Line (905) 525-4162 sacha.ca (for 16+ only)

Call 911

Mental Health Resources

Lynwood Charlton Centre

Access and System Navigation (ASN) is the single point of access for child and youth mental health services in the Hamilton area. Referrals may be made through their website

(www.lynwoodcharlton.ca) or by calling the Access Line at 905-389-1361 and pressing "2". This line is answered Monday to Friday, between 8:30am and 4:00pm.

Youth Wellness Centre

St. Joseph's Healthcare Hamilton's Youth Wellness Centre offers Mental health and addiction programs and support available to individuals aged 17-25. Clients can self-refer. (905) 522-1155 x31725; email: YWCintake@stjoes.ca; website: www.stjoes.ca

De dwa da dehs nye>s ([Aboriginal Health Centre](#))

Provide mental wellness services that are culturally safe for all members of the urban community who self-identify as having Aboriginal ancestry. 678 Main Street East (905) 544-4320

Hamilton Regional Indian Centre

To provide the Urban Aboriginal People with the tools to achieve a balanced holistic lifestyle. 905
548-9593.