

Counselling & Mental Health Services

- **Alternatives for Youth** – Free substance abuse counselling available to youth 12-22, as well as their families.
(905) 527-4469; www.ay.on.ca
- **Catholic Family Services** – Various counselling and support programs available to the Hamilton community (i.e. Credit Counselling, Walk In Counselling, Violence Against Women & Children, Seniors Case Management, and Developmental Services).
(905) 527-3823; www.cfshw.com
- **CONTACT Hamilton**– Single access point for children and youth requiring service for social emotional, behavioural, developmental and/or mental health needs.
(905) 570-8888; www.contacthamilton.ca
- **Family Doctor's Office** – Family doctors are sometimes connected to Family Health Teams, and have mental health clinicians on staff and available for their patients. There is no cost for this service, as it is billed through OHIP. We advise staff, students and families to connect with their family doctors and inquire about this service.
- **Employee Assistance Programs (EAP)** – Some benefit programs include EAP support which allows the employee, and often times immediate family/dependants free short term counselling. We advise families to connect with their benefit providers to inquire about this service and coverage options.
- **Youth Wellness Centre** – Mental health and addiction programs and support available to individuals aged 17-25. Clients are able to self-refer.
(905) 522-1155 x 31725 or email ywcintake@stjoes.ca
 - www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/youth-wellness-centre

Crisis Services

- **Barrett Centre** – Mental health crisis program that responds to individuals experiencing a mental health crisis but do not need hospitalization; supports individuals 16 and up.
Crisis Line - (905) 529-7878; www.goodshepherdcentres.ca/barrett-centre-for-crisis-support
- **COAST Hamilton**– Mental health crisis outreach and support for all ages.
Crisis Line - (905) 972-8338; <http://coasthamilton.ca/>
- **Kids Help Phone** – 24/7 counselling and information service for young people.
Crisis Line – 1 (800) 668-6868; www.kidshelpphone.ca
- **Suicide Prevention Line** – Provides crisis line and related support to those at risk of suicide.
Crisis Line – (905) 522-1477; Business Line – (905) 522 5244; www.hopesalive.ca