

# HWDSB

## Staff Wellness Resource List

### Exploring Supports for HWDSB Staff

Here at HWDSB, we acknowledge that navigating life can be a challenging and complex emotional process. We want to assure you that we value an organizational environment that is open and transparent and conducts operations with integrity, and that you are not alone. We would like to provide you with some of the supports available to you through HWDSB, and within the greater Hamilton area. On the following page you will find a shortlist of resources that you are able to access within our community, and you can find a more extensive database with culturally responsive supports in our [Comprehensive Community Resource List](#) found on our [Staff Wellness page](#).

If you are at IMMEDIATE risk of serious harm or life-threatening emergency - please call **911** instead of the listed resources.

### Homewood Health

All staff (including casual and non-union), as well as their dependents, have access to free and confidential resources from our Employee and Family Assistance Provider (EFAP), Homewood Health. Services include counselling, coaching, information, and support. Homewood Health strives to infuse an anti-oppressive, anti-colonial, and anti-racist approach within their organization. Within their network they have clinically vetted experts who have a specialty in working with various sociodemographic groups including: Indigenous, Two Spirit and LGBTQIA+, and more. When an HWDSB employee calls Homewood Health to access one of their services, they can request a clinician with expertise in racial trauma, as well as request a clinician based on culture, language preference, and gender.



**Invitation Code: HDS807**  
**1-800-663-1142**  
**homeweb.ca**

### What to Expect When Calling Homewood Health

- Initially you will be asked to select if you are calling about a crisis, to initiate a new service or case, or if this is to follow up on an existing case.
- You will be then be connected to speak with a Homewood Health Intake Counsellor, who, will ask basic, initial questions such as your name, date of birth, and associated organization.
- The Intake Counsellor will next explore your needs, which will begin by going through risk and safety screening questions. These non-judgmental questions are required safety standards and asked of everyone for best clinical care practices, and may include questions regarding self-harm, safety, and substance use.

# Community Services

## Sexual Assault Centre of Hamilton (SACHA)

24-hour support line offering confidential and anonymous non-judgmental telephone support to anyone who has experienced sexual violence at any point in their lives.  
[sacha.ca](http://sacha.ca)  
 905-525-4162

## Barrett Centre for Crisis Support

24-hour crisis line providing a safe environment for anyone in the community experiencing a mental health or substance abuse crisis.  
[goodshepherdcentres.ca/services/barrett-centre-for-crisis-support](http://goodshepherdcentres.ca/services/barrett-centre-for-crisis-support)  
 905-529-7878

## Hamilton Anti-Racism Resource Centre (HARRC)

Provides direct support and community resource referral services for racialized individuals experiencing racism.  
[harrc.ca](http://harrc.ca)  
 905-525-9140 x. 20464

## Niwasa Kendaaswin Teg

Culturally safe call centre that connects Indigenous residents in Hamilton to resources, including mental health supports.  
[niwasa.ca](http://niwasa.ca)  
 905-549-4884

## Native Women's Centre

Provides safe shelter for all women who are experiencing crisis in their lives due to family violence, homelessness, or conflict with the law.  
[nativewomenscentre.com](http://nativewomenscentre.com)  
 1-888-308-6559

## Refuge Newcomer Health

Provides primary healthcare services, including mental health support, to new Canadians and to those who face barriers in accessing culturally-appropriate healthcare services.  
[newcomerhealth.ca](http://newcomerhealth.ca)  
 905-526-0000

## Hamilton Transgender Community

Providing connections to confidential information, advocacy, resources, and support meetings to assist transgendered and gender non-conforming folks and their allies.  
[facebook.com/HamiltonTransCommunity](https://facebook.com/HamiltonTransCommunity)  
[transpeers@gmail.com](mailto:transpeers@gmail.com)

## CONTACT Hamilton

Single access point for children and youth requiring service for social-emotional, behavioural, developmental and/or mental health needs.  
[contacthamilton.ca](http://contacthamilton.ca)  
 905-570-8888

## Canadian Mental Health Association Hamilton (CMHA)

Local mental health organization providing community-based services.  
[cmhahamilton.ca](http://cmhahamilton.ca)  
 905-521-0090

For more culturally responsive supports please visit our [Comprehensive Community Resource List](#) located on our [Staff Wellness page](#).

## National Support Lines

Trans Lifeline .....	1-877-330-6366
Kids Help Phone .....	1-800-668-6868
Talk Suicide Canada .....	1-833-456-4566
Black Youth Helpline .....	1-833-294-8650
Mental Health Helpline .....	1-866-531-2600
Naseeha Mental Health Hotline .....	1-866-627-3342
Indian Residential Schools Crisis Line .....	1-800-721-0066

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