

COVID-19 Response in Peel

Mental Health and Wellbeing Supports

The resources listed below are available to provide mental health, stress and anxiety supports. This list is not exhaustive, and availability of some services might change during COVID-19. This list will be updated as new information becomes available.

For information about community programs and services, please contact 211 Ontario by referring to www.211.ca or calling 2-1-1 (available 24/7).

CRISIS SUPPORTS		
IF YOUR SITUATION IS A LIFE-THREATENING EMERGENCY, CALL 911		
Agency	Service Details During COVID-19	Contact Information
Assaulted Women's Helpline	24-hour telephone and TTY crisis line for all woman who have experienced abuse. We provide counselling, emotional support, information and referrals.	Call 1-888-863-0511 https://www.awhl.org/home
Caledon/Dufferin Victim Services	24/7 support and resources for Caledon and Dufferin residents.	Call 905-951-3838 Call 1-888-743-6496 https://www.cdvs.ca/
Credit Valley Hospital Emergency Department	For individuals who are registered in the emergency departments at either Credit Valley Hospital of Mississauga Hospital. Monday-Friday 9:00am to 11:00pm Saturday, Sunday and statutory holidays 11:00am to 11:00pm	Call 905-813-4141
Crisis Support Peel Dufferin	Provide timely and high-quality responses to de-escalate, stabilize and support those in mental health/ addiction crisis. 24.7 Crisis Support Peel is not an emergency response unit.	Mississauga and Brampton Call 905-278-9036 Caledon and Dufferin Call 1-888-811-2222
Dufferin Child and Youth Mental Health Crisis Line	Integrated children's service agency that provides child protection services, children's mental health and developmental support.	Call 519-941-1530 http://dcafs.on.ca/
Hope 24/7 Crisis Line	Provides psychotherapy services for all persons 12 years and older impacted by relationship and sexual abuse.	Call 905-792-0821 Call 1-800-810-0180 http://hope247.ca/

<p>Interim Place Crisis Line</p>	<p>Anti-violence organization providing shelter, counselling and advocacy supports for women* and their children experiencing any form of violence.</p> <p>*Interim Place uses an inclusive definition of “women” and welcomes Two-Spirit, gender queer, trans and non-binary people.</p>	<p>Call 905-403-0864 http://www.interimplace.com/ TTY 905-403-0453</p>
<p>Peel Children’s Centre</p>	<p>24/7 Crisis line for children, youth and families. Provides counselling support to children youth and families. Children ages 12 to 17 can access services with or without a parent/guardian.</p>	<p>24/7 crisis line Call 416-410-8615 http://peelcc.org/en/services/family-crisis</p>
<p>Peel Crisis Capacity Network</p>	<p>Crisis and transitional supports for those 11 and up living with developmental disabilities and/ or dual diagnoses of mental health.</p>	<p>Call 905-273-4900</p>
<p>Punjabi Community Health Services</p>	<p>Multi-service agency that provides supports and assistance to individuals dealing with challenges related to mental health and addictions.</p>	<p>Call 905-677-0889 ext. 147 Service in Punjabi, Hindi, Urdu http://pchs4u.com/</p>
<p>Safe Centre of Peel</p>	<p>Services for victims of violence. Offering crisis intervention, risk assessment and safety planning over the phone through an integrated service response model or “one stop shop.” This includes warm referrals and identifying resources that they may be able to access in the community.</p>	<p>Call 905-450-4650 www.scopeel.org</p>
<p>Victim Services of Peel</p>	<p>Support and referrals for victims of crime and tragic circumstance.</p>	<p>Call 905-568-1068 https://vspeel.org/</p>
<p>SUPPORTS FOR CHILDREN AND YOUTH</p> <p>If your child is experiencing a mental health emergency, expresses thoughts of self-harm, or engages in suicidal behavior, seek help from a mental health professional immediately. Call 911 or go to the emergency room of your local hospital.</p>		
<p>Partner</p>	<p>Service Details During COVID-19</p>	<p>Contact Information</p>
<p>African Community Services</p>	<p>Youth Outreach Worker Program Working to help black youth ages 12 to 24 and their families in Peel Region to better navigate and connect with services and pro-social opportunities such as: Drug/Alcohol/Mental/Sexual Health Services.</p>	<p>Call 905-460-9514 Email msangij@africancommunityservices.com www.africancommunityservices.com</p>

<p>Associated Youth Services Peel (AYSP)</p>	<p>Virtual mental health counselling and youth justice supports for children, youth and their families (ages 0-17 years old). Program referrals still occurring.</p> <p>Existing clients with immediate questions— contact their worker at the number provided where messages will be received.</p>	<p>24/7 crisis line Call 416-410-8615</p> <p>Youth Mental Health Programs Call 905-890-5222</p> <p>Family Mental Health Programs Call 905-451-4655</p> <p>https://www.aysp.ca/</p>
<p>Black Youth Helpline</p>	<p>Serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.</p>	<p>Call 416-285-9944 or 416-739-8989</p> <p>Toll-free 1-833-294-8650 or 1-833-BYH-8650</p> <p>E-mail NationalHelpline@bellnet.ca www.blackyouth.ca</p>
<p>Catholic Family Services Peel Dufferin</p>	<p>Counselling, psychotherapy and couple and family therapy for any issues related to emotional, mental health as well as relationship distress.</p>	<p>Call 905-450-1608 ext. 112</p> <p>www.cfspd.com</p>
<p>Centre for Addiction and Mental Health (CAMH)</p>	<p>Provides mental health supports within the GTA and online tools related to COVID-19.</p>	<p>Call 416-535-8501 in the GTA Call 1-800-463-2338</p> <p>https://www.camh.ca/en/mental-health-and-covid-19#coping</p>
<p>The Children's Mental Health Ontario Centre (CMHO)</p>	<p>Children's Mental Health Ontario (CMHO) represents Ontario's publicly funded Child and Youth Mental Health Centres.</p> <p>Provides mental health resources and online tools related to COVID-19.</p>	<p>Call 416-921-2109</p> <p>https://www.cmho.org/</p>
<p>The DAM</p>	<p>Provides services to youth via on-line drop-in's, video conferencing and phone.</p>	<p>Call 905-826-6558</p> <p>https://www.thedam.org/</p>
<p>Kids Help Phone</p>	<p>Kids Help Phone is a Canadian charitable organization that provides 24/7 free confidential professional online and telephone counselling and volunteer-led, text-based support in English and French.</p>	<p>Call 1-800-668-6868 or Text CONNECT to 686868</p> <p>https://kidshelpphone.ca/</p>

Malton Neighbourhood Services	Clinical Youth Outreach Worker Program Provides support to “hard-to-reach” youth ages 12 to 21 and their families in Peel Region who may be experiencing concerns with their mental health and who are disconnected from mental health services.	Call 416-428-7028 Email mahmed@mnsinfo.org https://www.mnsinfo.org/about-mns/
Mindyourmind	Mental health resources and advice for youth aged 14 to 29.	https://mindyourmind.ca/
Province of Ontario’s ConnexOntario	For 24/7 information about mental health, addiction and problem gambling services throughout Ontario.	Call 1-866-531-2600 www.connexontario.ca
Roots Community Services	Youth Outreach Worker Program Working to help black youth ages 12 to 24 and their families in Peel Region to better navigate and connect with services and pro-social opportunities such as: Drug/Alcohol/Mental/Sexual Health Services/Housing Supports	Call 905-455-6789 Ext 108 or 416-951-4116 Email norvett@rootscs.org https://rootscs.org/youth-program
Tangerine Walk-in Counselling	Provides counselling support to children, youth and families. Youth ages 12 to 17 can access services with or without a parent/guardian. *Offering virtual services due to COVID-19	Call 905-795-3530 http://www.tangerinewalkin.com
Where to Start	Peel Region's network of service providers for child and youth mental health services.	24/7 crisis line 416-410- 8615 Call 905-451-4655 https://wheretostart.ca/
NON-CRISIS SUPPORTS		
Partner	Services Details During COVID-19	Contact Information
Bethell Hospice	Palliative care and grief programs for individuals or families experiencing loss.	Call 905-838-3534 https://bethellhospice.org/
Big White Wall	An anonymous, online peer-to-peer support community providing support for anxiety, depression, and other common mental wellbeing issues.	https://www.bigwhitewall.com/

Bounce Back	Help for managing low mood, mild-to-moderate depression and anxiety, stress or worry for anyone aged 15 or over. Delivered over the phone with a coach and through online videos.	https://bouncebackontario.ca/
Canadian Mental Health Association – Peel Dufferin Branch	Crisis, information and referral. Monday to Friday, 8:00am to 8:00pm	Call 905-451-2123 Call 1-877-451-2123 https://cmhapeeldufferin.ca/
Canadian National Institute for the Blind – Foundation Peer Support	Virtual program offering support for blind and partially sighted individuals facing feelings of isolation.	Call 1-800-563-2642 https://cnib.ca/peer-support-programs
Catholic Family Services of Peel	Telephone support.	Call 905-450-1608 x 112 https://cfspd.com/
Centre for Addictions and Mental Health (CAMH)	Peer to Peer online support.	Call 416-535-8501 in the GTA Call 1-800-463-2338 Mental Health and COVID-10 Forum http://www.camh.ca/
The Centre for Grief and Healing	Peer support groups being held on-line to support persons through grief and healing.	Call 905-848-4337 Email Info@bereavedfamilies.ca www.bereavedfamilies.ca
Check Up from The Neck Up	A private, online check-up tool to help people learn more about common mood disorders.	http://checkupfromtheneckup.ca
Children’s Mental Health Ontario (CMHO)	Provincial organization with a data base to locate clinicians to support children, youth and families.	Call 416-921-2109 https://www.cmho.org/blog/talking-to-your-anxious-child-about-covid-19
Distress Centres of Greater Peel (formerly known as Spectra Helpline Peel)	Distress and emotional support lines. English helpline 24/7. Multilingual lines Monday to Friday, 10:00am to 10:00pm. Crisis and suicide text service is open 4:00pm to 12:00am (midnight) 24/7.	Brampton and Mississauga Call 905-459-7777 Caledon Call 1-877-298-5444 TTY 905-278-4890 https://www.spectrahelpline.org/
eMentalHealth.ca	Provides valuable resources such as information sheets and screening tools about a variety of mental health conditions and topics.	https://www.ementalhealth.ca/
Family Education Centre	Provides peer-to-peer parent information, education and support, as well as a fulsome	Email info@familyedcentre.org www.familyedcentre.org

	online parent resource library available in seven languages, with resources made by parents for parents.	
Family Services of Peel	Provides services via phone or email.	Call 905-270-2250 https://fspeel.org/services/counseling/
Family Transition Place	24/7 support line. Services for women and their children who have experienced abuse in Caledon.	Call 519-941-4357 Call 905-584-4357 Call 1-800-265-9178 Email Support@familytransitionplace.com https://familytransitionplace.ca/
Hills of Headwaters Collaborative	Health care organizations and providers working together to improve the well-being of patients and families in Dufferin-Caledon.	Email Info@hillsofheadwaterscollaborative.ca
Heart House Hospice	Grief programs for individuals or families who are experiencing loss. Hospice Palliative 24/7 Helpline For the emotional need of individuals, families and professionals who are facing serious illness, COVID-19, grief and end of life.	Call 905-712-8119 Hospice helpline Call 905-677-1865 https://hearthousehospice.com/
Info Peel	Searchable database, live chat or info line. Supports community services, special needs, early years and childcare.	Call 905-890-9432 www.infopeel.ca
Malton Neighbourhood Services	Black Family Support Program (BFPS) Parenting resources, counselling, referrals, advocacy and assistance with systems navigation.	Call 647-633-6365 Email bfsp@mnsinfo.org www.mnsinfo.org
One Link	Single point of access for referrals to 10 Addiction and Mental Health Service Providers funded by the Mississauga Halton Local Health Integration Network (LHIN).	Call 1-844-216-7411 Call 905-338-4123 https://one-link.ca/
Ontario for All	Not-for-profit alliance raising issue for building an equitable and inclusive Ontario.	https://www.ontario.ca/page/mental-health-services
Peel Addiction Assessment and Referral Centre	Provides telephone and video conferencing for clients challenged by substance use.	Call 905-629-1007 https://www.paarc.com/

<p>Punjabi Community Health Services (PCHS) and MIAG Centre for Diverse Women and Families</p>	<p>Supportive counselling sessions to clients with mental health concerns in English, Hindi, Punjabi, Urdu & Arabic</p>	<p>Call 905-275-5865 Email Linda@miag.ca</p>
<p>QTBIPOC Sauga</p>	<p>QTBIPOC Sauga is grassroots gathering of queer and trans, Black, Indigenous and people of colour in Peel. Available for informal conversations.</p>	<p>Email qtbipocsauga@gmail.com facebook.com/qtbipocsauga/ instagram.com/qtbipocsauga/</p>
<p>Roots Community Services</p>	<p>Multi-service agency that provides supports and assistance to individuals dealing with challenges related to mental health and addictions. Updates posted on website.</p>	<p>Youth Call 416-951-4116 Women Call 647-355-0992 Families Call 416-433-3259 Seniors Call 905-455-6789 www.rootscs.org</p>
<p>Services and Housing in the Province (SHIP)</p>	<p>Access, assessment and referral to mental health services and supportive housing.</p>	<p>Call 519-215-2642 www.shipshey.ca</p>
<p>Veterans Affairs Operational Stress Injuries (OSI) Connect app</p>	<p>A free mental health learning and self-management app developed to provide help through the OSI Clinic Network.</p>	<p>https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/osi-connect</p>
<p>Wellness Together Canada</p>	<p>A portal dedicated to mental wellness. It connects Canadians to peer support workers, social workers, psychologists and other professionals for confidential chat sessions and phone calls. Supported by the Canadian government and other partner organizations.</p>	<p>https://ca.portal.gs/</p>