

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 additional community programs and services, please contact 211 Central by referring to <https://211central.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 Website: www.awhl.org
Caledon/Dufferin Victim Services	24/7 support and resources for Caledon and Dufferin residents.	Call: 905-951-3838 Call: 1-888-743-6496 Website: www.cdvs.ca
Caledon Parent Child Centre	Adjustments After Birth Peer Support Group for parents experiencing difficulties with postpartum adjustments (after birth or after adopting a baby), no postpartum depression/anxiety diagnosis needed, registration required, online support is offered by our two program facilitators.	Call: 905-857-0090 Email: kholl@cp-cc.org Website: www.cp-cc.org
Canadian Mental Health Association (CMHA)	24/7 Crisis Support Peel Dufferin provide timely and high-quality responses to de-escalate, stabilize and support those in mental health/ addiction crisis. <i>*24/7 Crisis Support Peel is not an emergency response unit.</i> CMHA provides ongoing online training. Register Online: https://cmhapeeldufferin.ca/education-and-training/	Call: 905-278-9036 or Call: 1-888-811-2222
Credit Valley Hospital Emergency Department	For individuals who are registered in the emergency departments at either Credit Valley Hospital or Mississauga Hospital. Monday-Friday 9:00am to 11:00pm Saturday, Sunday and Statutory Holidays 11:00am to 11:00pm	Call: 905-813-4141

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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 Website: www.dcafs.on.ca
Family Transition Place	24/7 support line Emergency Shelter, Transitional Support & Counselling Services. 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: admin@familytransitionplace.com Website: www.familytransitionplace.ca
Heart House Hospice	Hospice Palliative Helpline is available to support emotional needs of individuals, families and professionals who are facing serious illness, grief and end of life. Who should call: <ul style="list-style-type: none"> • Front line staff supporting those who are palliative. • Those who are living with a serious or palliative illness. • Family members of a loved one who is palliative. • Family members/friends who have experienced the death of a loved one. • Those with or supporting someone with a COVID-19 diagnosis 	Call: 905-677-1865 Website: www.hearthousehospice.com
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 Website: www.hope247.ca
Indus Community Services	<ul style="list-style-type: none"> • Counselling support, including development of crisis and safety planning, to individuals and family members. • Assistance with referrals to emergency shelters. Our services are free of charge and are offered in Hindi, Punjabi, Tamil, Urdu, Bengali, Gujarati, Arabic, and more. <i>* This is not 24/7 service.</i> <i>*Offering virtual services due to COVID-19</i>	Call: Mississauga: 905-275-2369 Brampton: 905-459-4776 Website: www.induscs.ca
Embrave (formerly Interim Place) Crisis Line	Embrave (Interim Place) is an anti-violence organization providing shelter, counselling and advocacy supports for women, Two-Spirit, gender queer, trans and non-binary folks and their children experiencing any form of violence.	Call: 905-403-0864 Website: www.embrave.ca TTY: 905-403-0453

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EveryMind (formerly Peel Children’s Centre)	<p>24/7 Crisis line for children and youth (up to 18 years of age) and families.</p> <p>Provides counselling support to children youth and families.</p>	<p>24/7 Crisis Line Call: 905-278-9036 Website: www.everymind.ca</p>
Peel Crisis Capacity Network	<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 Website: www.pccn.ca</p>
Punjabi Community Health Services	<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 Website: http://pchs4u.com/</p>
Safe Centre of Peel	<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 to access in the community.</p>	<p>Call: 905-450-4650 Website: www.scopeel.org</p>
SHIP – Services and Housing in the Province	<p>The <i>Short Stay Crisis Support Program</i> offers voluntary support services to people with serious mental illness, who are experiencing a crisis, and have come into conflict with the criminal justice system. The program is designed to promote crisis de-escalation in a safe environment where clients are provided with lodging and support for up to 14 days. Staff are on site 24/7. All necessary public health measures are in place during this time.</p>	<p>Call: 416-553-1288 Website: www.shiphsey.ca</p>
Victim Services of Peel	<p>Support and referrals for victims of crime and tragic circumstance.</p>	<p>Call: 905-568-1068 Website: www.vspeel.org</p>

SUPPORTS FOR CHILDREN AND YOUTH

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Partner	Service Details During COVID-19	Contact Information
<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: drugs, alcohol, mental and sexual health services.</p>	<p>Call: 905-460-9514 Email: msangij@africancommunityservices.com Website: 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>Youth mental health programs: Call: 905-890-5222 Website: https://www.aysp.ca/ Children, youth and family-based mental health programs: Call: 905-451-4655 Website: www.wheretostart.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 Toll-free: 1-833-294-8650 or 1-833-BYH-8650 E-mail: NationalHelpline@bellnet.ca Website: www.blackyouth.ca</p>
<p>Boys and Girls Club of Peel</p>	<p>Provides Physical Activity, Health and Safety, Leadership Growth and Development, Learning and Development & Family and Community Programs virtually. We serve families and children and youth from 6 – 24 years old.</p>	<p>Call: 905-712-1789 ext. 102 Website: www.bgcpeel.org Email: Michael J. Gyovai, Executive Director mgiovai@bgcpeel.org Abby da Silva, Program Director adasilva@bgcpeel.org</p>

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<p>Catholic Family Services Peel Dufferin (CFSPD)</p>	<p>At CFSPD, we provide individual, couple and family therapy. We continue to support the mental and emotional health of the entire community. We provide psychotherapy, counseling, crisis intervention, group programming and referrals to community resources as needed. All of our services can be accessed virtually.</p>	<p>Call: 905-450-1608 ext. 112 Website: 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 Website: https://www.camh.ca/en/mental-health-and-covid-19#coping</p>
<p>The Centre for Grief and Healing (BFO-H/P)</p>	<ul style="list-style-type: none"> • Provides unlimited, individual peer support sessions via virtual and/or phone support for children and youth (ages 6-17) who have experienced the death of a loved one. • Individual support sessions can include instructional art-based activities related to grief and bereavement. • Provides wraparound educational resources to aid parents, guardians, and caregivers in supporting grieving children and youth. • Delivers educational webinars ("Navigating Through Grief") for organizations and professionals around the grief and mourning processes children and youth undergo. 	<p>Call: 905-848-4337 (voicemail only)</p> <p>For inquiries email: info@bereavedfamilies.ca</p> <p>For Navigating Through Grief" educational webinars email: outreach@bereavedfamilies.ca</p> <p>Website: www.bereavedfamilies.ca</p> <p>Online Intake Form: www.bereavedfamilies.ca/intake-form</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 Website: 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 Website: www.thedam.org</p>

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Heart House Hospice	<p>HUUG (Help Us Understand Grief) Program</p> <ul style="list-style-type: none"> • Provide counselling and support to children, youth and families who are living with illness and grief or who have experienced the death of a family member. • Provide educational materials and resources to assist parents and caregivers to talk to, and support, their children through their experience with illness, grief and death • Provide counselling and psychosocial support to children who seriously ill or dying. Offer family education and support programs. • Develop awareness and knowledge about children’s grief through community education. 	<p>Call: 905-712-8119 Email: info@hearthousehospice.com Website: www.hearthousehospice.com</p>
Indus Community Services	<ul style="list-style-type: none"> • Supportive counselling to children, youth (ages 12-29 years), and their families. • Cultural Facilitator in partnership with Peel CAS. <p>*Offering virtual services due to COVID-19</p>	<p>Call: Mississauga: 905-275-2369 Brampton: 905-459-4776 Website: www.induscs.ca</p>
Kids Help Phone	<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 Website: www.kidshelpphone.ca</p>
LGBT Youthline	<p>LGBT Youthline provides anonymous and confidential peer-to-peer support for 2SLGBTQ youth (29 and under) across Ontario. We offer chat, text, and email services. Our phone lines are currently closed. Our services are open Sunday-Friday from 4:00pm to 9:30pm EST.</p> <p>YouthOrganize by LGBT YouthLine: A volunteer program for 2SLGBTQ youth (29 and under) in the Peel and Halton regions where LGBT YouthLine staff and volunteers will organize to create programming for 2SLGBTQ youth. More info at https://www.youthline.ca/youthorganize/</p>	<p>Chat: youthline.ca Text: 647-694-4275 Email: askus@youthline.ca</p>

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Newcomer Centre of Peel	Newcomer Centre of Peel provides free short-term counselling services for newcomer individuals and families facing challenges relating to: <ul style="list-style-type: none"> • Stress management • Depression and anxiety • Parenting • Relationship building and conflict resolution • Trauma • Family violence • Referrals to other programs and community agencies 	Call: 905-306-0577 x 227 Email: oklep@ncpeel.ca or info@ncpeel.ca Website: www.ncpeel.ca
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 Website: www.mnsinfo.org
Mindyourmind	Mental health resources and advice for youth aged 14 to 29.	Website: www.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 Website: 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 Website: www.rootscs.org
St. Leonard's Place Peel	*New Leaf provides transitional and reintegration housing for men dealing with situations of homelessness, mental illness, addiction and/or conflict with the law *Out of the Cold program offers overnight accommodation to men between the hours of 7pm-7am. Meals, shower and laundry are available. Runs from November to March.	Call: 905- 457-3611 Website: https://www.stleonardsplace.com/ Out of the Cold: 437-332-9081

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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 and in-person services due to COVID-19	Call: 905-795-3530 Website: http://www.tangerinewalkin.com
Where to Start	Access point for mental health services for children and youth in Peel, including counselling, groups etc. Call or visit the website to find out more about services and how to make referrals or request an intake	24/7 crisis line: 416-410- 8615 Call: 905-451-4655 Website: www.wheretostart.ca

NON-CRISIS MENTAL HEALTH SUPPORTS – across age span		
Partner	Services Details During COVID-19	Contact Information
Age to Age Training, Education and Counselling Inc.	We are a community agency providing social work and psychotherapy support to individuals, couples, families and groups on mental health and addictions, abuses, traumas, relationships, parenting and other psychosocial stressors. We provide CBT, DBT, Mindfulness, and other evidence-based therapies.	Call: 905-533-1334 Email: info@agetoage.ca Website: www.agetoage.ca
Bethell Hospice	Palliative care and grief programs for individuals or families experiencing loss.	Call: 905-838-3534 Website: https://bethellhospice.org/
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.	Website: https://bouncebackontario.ca/
Bridgeway Family Centre	Peer to peer support for moms experiencing Postpartum Mood Disorder or Anxiety or feeling overwhelmed with a new baby. Support is offered by one of our Postpartum Peer Support Group Facilitators. Resources and referrals provided.	Email: pmd@bridgewaycentre.ca Website: https://bridgewaycentre.ca/
Canadian Mental Health Association – Peel Dufferin Branch	Crisis, information and referral for mental health and addictions. Monday to Friday, 8:00am to 8:00pm CMHA provides ongoing online training. Register online at https://cmhapeeldufferin.ca/education-and-training/	Call: 905-451-2123 Call: 1-877-451-2123 Website: 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 Website: https://cnib.ca/peer-support-programs
Catholic Family Services of Peel - Dufferin	At CFSPD, we provide individual, couple and family therapy. We continue to support the mental and emotional health of the entire community. We provide psychotherapy, counseling, crisis intervention, group programming and referrals to community resources as needed. All services can be accessed virtually.	Call: 905-450-1608 x 112 Website: https://cfspd.com/

NON-CRISIS MENTAL HEALTH SUPPORTS – across age span

Partner	Services Details During COVID-19	Contact Information
<p>Centre for Addictions and Mental Health (CAMH)</p>	<p>Peer to Peer online support.</p>	<p>GTA Call: 416-535-8501 Call: 1-800-463-2338 Mental Health and COVID-10 Forum Website: http://www.camh.ca/</p>
<p>The Centre for Grief and Healing</p>	<p>(Individual) Grief Peer Support Sessions</p> <ul style="list-style-type: none"> • Provides peer support sessions via virtual and/or phone support for individuals (ages 6+) who have experienced the death of a loved one. • Provides experiential knowledge, information, and grief resources as needed and/or as requested. <p>(Group) Grief Peer Support Sessions</p> <ul style="list-style-type: none"> • Offers weekly, virtual grief support groups for individuals (ages 18+) experiencing the death of a loved one. Grief support groups offer peer support and education in an environment that fosters hope and healing. Individuals gather to learn, share, and engage in conversation that will help reflect upon and work through their grief. Common topics within the group include: coping strategies; holidays & events; grief timelines; feelings of guilt & sadness; other life changes and more. • Groups Offered: Mixed Loss Support Group, Child Loss Support Group, Guardian Loss Support Group, Partner Loss Support Group. *NEW* Newcomer Support Group, Senior Support Group, Front Line Worker Support Group, and a COVID-19 Loss Support Group. <i>*Group dates and times vary; please visit the website or send an email for further details.</i> <p>Professionals and Organizations</p> <ul style="list-style-type: none"> • Offers educational webinars ("Navigating Through Grief") that provides professionals and organizations with an overview about grief, including theories, myths, and cultural differences in grief. Individuals are equipped with specific skills and strategies to better support themselves and those around them whilst also receiving appropriate resources and activities related to grief and bereavement. • Provides support groups for businesses, organizations, and schools that have experienced a loss of a peer and/or colleague within the workplace and/or school. • Webinars and support groups can be tailored to meet the specific needs of an organization. 	<p>Call: 905-848-4337 (voicemail only)</p> <p>For inquiries email: info@bereavedfamilies.ca</p> <p>For Navigating Through Grief" educational webinars email: outreach@bereavedfamilies.ca</p> <p>Website: www.bereavedfamilies.ca</p> <p>Online Intake Form: www.bereavedfamilies.ca/intake-form</p>

NON-CRISIS MENTAL HEALTH SUPPORTS – across age span		
Partner	Services Details During COVID-19	Contact Information
Check Up from the Neck Up	A private, online check-up tool to help people learn more about common mood disorders.	Website: Check Up From the Neck Up Mood Disorders Association of Ontario
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 Website: www.cmho.org
Distress Centres of Greater Toronto (formerly known as Spectra Helpline Peel & Toronto Distress Centre)	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 Website: www.dcoqt.com
eMentalHealth.ca	Provides valuable resources such as information sheets and screening tools about a variety of mental health conditions and topics.	Website: https://www.ementalhealth.ca/
Family Education Centre	Provides peer-to-peer parent information, education and support, as well as a fulsome online parent resource library available in seven languages, with resources made by parents for parents.	Email: info@familyedcentre.org Website: www.familyedcentre.org
Family Services of Peel	Individual, couples and families can access counselling services. *Please be advised that Family Services of Peel is an essential service and will continue to serve the community during the COVID_19 Pandemic. We are adjusting the style of service delivery to be in compliance with health guidelines and encourage you to connect with via phone or email.	Intake Department Call: 905-453-5775 General Information Email: fsp@fspeel.org Website: https://fspeel.org/services/counselling/
Family Transition Place	24/7 support line Emergency Shelter, Transitional Support & Counselling Services. 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: admin@familytransitionplace.com Website: https://familytransitionplace.ca/

NON-CRISIS MENTAL HEALTH SUPPORTS – across age span

Partner	Services Details During COVID-19	Contact Information
<p>Hills of Headwaters Collaborative</p>	<p>Health care organizations and providers working together to improve the well-being of patients and families in Dufferin-Caledon.</p>	<p>Email: Info@hillsofheadwaterscollaborative.ca</p>
<p>Heart House Hospice</p>	<p>Community Hospice and Bereavement Education, Support Hospice supports people each day who are coping with fear and uncertainty surrounding end-of-life, grief and bereavement</p> <p>Support for Community Partners</p> <ul style="list-style-type: none"> • Consultation, education and resources to support end of life and bereavement conversations, planning and care <p>Support for individuals living with palliative illnesses</p> <ul style="list-style-type: none"> • Counselling and emotional support by phone or video conference, End of Life care planning, Support for spiritual and existential distress, Connection with religious resources, rituals or faith leaders <p>Support for bereaved family members;</p> <ul style="list-style-type: none"> • Grief counselling by phone or video conference, Information and education about grief, loss, spiritual distress and mourning, bereavement support groups, health and wellness programs, connection with religious resources, rituals or faith leaders. 	<p>Call: 905-712-8119</p> <p>Website: https://hearthousehospice.com/</p>
	<p>Hospice Palliative Helpline The helpline is available to support the emotional needs of individuals, families and professionals who are facing serious illness, grief and end of life. Who should call;</p> <ul style="list-style-type: none"> • Front line staff supporting those who are palliative. • Those who are living with a serious or palliative illness. • Family members of a loved one who is palliative. • Family members/friends who have experienced the death of a loved one. • Those with or supporting someone with a COVID-19 diagnoses. 	<p>Call: 905-677-1865</p>

NON-CRISIS MENTAL HEALTH SUPPORTS – across age span		
Partner	Services Details During COVID-19	Contact Information
Indus Community Services	<ul style="list-style-type: none"> • Mental health counselling support to individuals • Family Court Support • Victim Services Support • Cultural Facilitator services in partnership with CAS • Supportive Housing assistance • Newcomer and Settlement services • Assistance in education & training, housing, health, documentation requirements and financial questions • English language training with childcare, employment support, and specialized skills training programs for all newcomers. • Supports for international students, refugees, and naturalized Canadians. <p>Our services are free of charge and are offered in Hindi, Punjabi, Tamil, Urdu, Bengali, Gujarati, Arabic, and more.</p> <p>*Offering virtual services due to COVID-19</p>	<p>Call: Mississauga: 905-275-2369 Brampton: 905-459-4776</p> <p>Website: www.induscs.ca</p>
Info Peel	Searchable database, live chat or info line. Supports community services, special needs, early years and childcare.	<p>Call: 905-890-9432 Website: www.infopeel.ca</p>
Malton Neighbourhood Services	Black Family Support Program (BFPS) Parenting resources, counselling, referrals, advocacy and assistance with systems navigation.	<p>Call: 647-633-6365 Email: bfsp@mnsinfo.org Website: www.mnsinfo.org</p>
MOYO Health and Community Services	<p>The Mental Health Supports Program provides access for up to 6 virtual sessions with a registered mental health professional. For the Black, Indigenous, People of Color and 2SLGBTQ+ communities.</p> <p>Program Eligibility:</p> <ol style="list-style-type: none"> 1) Identify as a Black, Indigenous, Person of Color and/or a member of the 2SLGBTQ+ communities, 2) Be 18 years of age or over, and 3) Identify one or more issue/s related to your emotional or mental health 	<p>Clients may register directly for the program using the following link: https://www.surveymonkey.com/r/PXL35C2</p> <p>For questions and concerns, contact MOYO CHS at: referrals@moyohcs.ca</p>
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).	<p>Call: 1-844-216-7411 Call: 905-338-4123</p> <p>Website: https://one-link.ca/</p>

NON-CRISIS MENTAL HEALTH SUPPORTS – across age span		
Partner	Services Details During COVID-19	Contact Information
Ontario for All	Not-for-profit alliance raising issue for building an equitable and inclusive Ontario.	Website: https://www.ontario.ca/page/mental-health-services
Peel Addiction Assessment and Referral Centre (PARRC)	PAARC is a not-for-profit organization that provides counselling (one-on-one or group,) case management and emotional support for individuals and families who have concerns with substance use, behavioural dependencies such as gambling and gaming, mental health or emotional dysregulation. Our services are free of charge and available both virtually and in-person.	Call 905-629-1007 Website: https://www.paarc.com/
Polycultural Immigrant & Community Services	Polycultural provides short-term counselling services for children, youth, and adults at no cost. We provide counselling services and support for people facing various life challenges such as: <ul style="list-style-type: none"> • Crisis situations • Adjusting to life in Canada • Mental health challenges such as anxiety or depression • Family conflict and violence • Stress • Trauma • Substance abuse and • Other identified concerns • Information about resources in the community and referrals can be provided as well. 	RP Crisis Counsellor Kiran Maqsood Call: 905-403-8860 Ext. 5253 Email: kmaqsood@polycultural.org Web: www.polycultural.org
Punjabi Community Health Services (PCHS) and MIAG Centre for Diverse Women and Families	Supportive counselling sessions to clients with mental health concerns in English, Hindi, Punjabi, Urdu & Arabic	Call: 905-275-5865 Email: Linda@miag.ca
QTBIPOC Sauga	QTBIPOC Sauga is grassroots gathering of queer and trans, Black, Indigenous and people of colour in Peel. Available for informal conversations.	Email: qtbipocsauga@gmail.com Facebook: facebook.com/qtbipocsauga/ Instagram: instagram.com/qtbipocsauga/

NON-CRISIS MENTAL HEALTH SUPPORTS – across age span		
Partner	Services Details During COVID-19	Contact Information
Roots Community Services	Multi-service agency that provides supports and assistance to individuals dealing with challenges related to mental health and addictions. Updates posted on website.	Families Call: 416-433-3259 Men Call: 905-455-6789 ext. 123 Women Call: 647-355-0992 Seniors: 905-455-6789 ext. 102 Youth: 905-455-6789 ext. 108 Website: www.rootscs.org
SHIP – Services and Housing in the Province	Community based mental health and addictions case management services and supportive housing. Specialized health services including Information and Referral, Hoarding, Trauma, Justice, Dual Diagnosis, Early Intervention, Assertive Community Treatment Teams and more. Supportive housing options ranging from high support to independent living.	Call: 905-795-8742 or 1-855-795-8742 Website: www.shipshey.ca
Togetherall (formerly Big White Wall)	Togetherall is an anonymous, online peer-to-peer support community providing support for anxiety, depression, and other common mental wellbeing issues.	Website: https://www.togetherall.com/
Veterans Affairs Operational Stress Injuries (OSI) Connect app	A free mental health learning and self-management app developed to provide help through the OSI Clinic Network.	Website: https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/osi-connect
Wellness Together Canada	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.	Website: https://ca.portal.gs/
Wellfort Community Health Services	<u>Bramalea Community Health Centre</u> Healthcare agency providing counselling and mental health supports to registered primary care clients in Brampton. <u>Four Corners Health Centre</u> Healthcare agency providing counselling and mental health supports to registered primary care clients in	Bramalea Community Health Centre contact: 905-451-6959 www.wellfort.ca Four Corners Health Centre contact: Contact: 905-677-9599

NON-CRISIS MENTAL HEALTH SUPPORTS – across age span

Partner	Services Details During COVID-19	Contact Information
	Malton	www.wellfort.ca