



MENTAL HEALTH AND WELL-BEING - K - 12

130 Louth St. • St. Catharines, ON • L2S 2T8 • 905-641-2929 • dsbn.org

June 19, 2024

Dear Students, St. Catharines Collegiate Parents and Caregivers,

During the summer, there are many services in the community available to support you. If you are ever feeling unsafe or in need of urgent support, call 9-1-1 or visit your local hospital emergency department (www.niagarahealth.on.ca or www.hamiltonhealthsciences.ca).

<u>Community Services</u>	<u>Phone/Virtual Supports</u>
<p>Pathstone Mental Health (ages 17 and under) Intake and access to child and youth mental health services in Niagara 905-688-6850 ext. 8 or https://pathstonementalhealth.ca/access-support/</p>	<p>Pathstone Mental Health Crisis and Support Line/Walk-In Clinics 1-800-263-4944 or pathstonementalhealth.ca/walk-in-clinic</p>
<p>Youth Wellness Hub Niagara (ages 12-25) Access (including virtual) to mental health and substance use counselling, medical care, employment help, and recreational activities. 905-229-9946 or youthhubs.ca/en/sites/niagara</p>	<p>Kids Help Phone 1-800-668-6868 Text CONNECT to 686868 kidshelpphone.ca</p>
<p>Canadian Mental Health Association Niagara (ages 16 and above) 905-641-5222 or cmhaniagara.ca</p>	<p>Crisis Outreach and Support Team (COAST) (ages 16 and above) 1-866-550-5205 www.niagarapolice.ca/en/what-we-do/coast.aspx</p>
<p>Community Addiction Services of Niagara (CASON) 905-684-1183 or cason.ca</p>	<p>Niagara Parents (parenting advice from a nurse) www.niagararegion.ca/parents/contact.aspx</p>
<p>Indigenous Services nrnc.ca www.fenfc.org https://aboriginalhealthcentre.com/</p>	<p>Telehealth Ontario (medical advice from a nurse) 1-866-797-0000 www.ontario.ca/page/get-medical-advice-telehealth-ontario</p>
<p>Newcomer and Immigrant Services https://www.folk-arts.ca/programs/mental-health</p>	<p>Niagara Region (find a doctor) https://www.niagararegion.ca/health/find-a-doctor.aspx</p>
<p>French-Language Services www.cschn.ca</p>	<p>Niagara 211 – Call '211' to inquire about community supports available for all concerns https://niagara.211centralsouth.ca/</p>
<p>2SLGBTQIA+ Services questchc.ca/participate-at-quest/rainbowniagara https://www.nfchc.ca/lgbtq2-support</p>	<p>Black Youth Helpline https://blackyouth.ca/</p>



MENTAL HEALTH AND WELL-BEING - K - 12

130 Louth St. • St. Catharines, ON • L2S 2T8 • 905-641-2929 • dsbn.org

**RAFT Youth Reconnect Program (Housing Supports;
OW supports; Emergency Shelters)**

<http://www.theraft.ca/site/youth-reconnect>

Tel: 905-984-4365

Niagara Falls Community Health Centre

(Walk In services; youth programming – 16+)

<https://www.nfchc.ca/>

Tel: 905-356-4222

Recommended Websites

DSBN Mental Health & Well-Being - dsbn.org/programs-services/well-being/home

School Mental Health Ontario - <https://smho-smsso.ca>

Anxiety Canada - www.anxietycanada.com

Child Mind Institute - childmind.org

Wellness Together Canada - ca.portal.gs

Bounce Back Ontario - bouncebackontario.ca

Wishing you a safe and happy summer.

Sincerely,

Jennifer Horton MACP, RSW
St. Catharines Collegiate Social Worker

Jennifer.Horton@dsbn.org