



MENTAL HEALTH AND WELL-BEING - K - 12

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

June 10, 2023

Dear Student:

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>
Contact Niagara (ages 18 and under) Referrals to many public children's mental health and developmental services. 905-684-3407 or contactniagara.org	Pathstone Mental Health Crisis and Support Line/Walk-In Clinics 1-800-263-4944 pathstonementalhealth.ca/walk-in-clinic
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 youthubs.ca/en/sites/niagara	Kids Help Phone 1-800-668-6868 Text CONNECT to 686868 kidshelpphone.ca
Canadian Mental Health Association Niagara (ages 16 and above) 905-641-5522 or cmhaniagara.ca	Crisis Outreach and Support Team (COAST) (ages 16 and above) 1-866-550-5205 www.niagarapolice.ca/en/what-we-do/coast.aspx
Community Addiction Services of Niagara (CASON) 905-684-1183 or cason.ca	Niagara Parents (parenting advice from a nurse) www.niagararegion.ca/parents/contact.aspx
Indigenous Services nrnc.ca www.fenfc.org https://aboriginalhealthcentre.com/	Telehealth Ontario (medical advice from a nurse) 1-866-797-0000 www.ontario.ca/page/get-medical-advice-telehealth-ontario
Newcomer and Immigrant Services https://www.folk-arts.ca/programs/mental-health	Niagara Region (find a doctor) https://www.niagararegion.ca/health/find-a-doctor.aspx
French-Language Services www.cschn.ca	Niagara 211 – Call '211' to inquire about community supports available for all concerns https://niagara.cioc.ca/
2SLGBTQIA+ Services questchc.ca/participate-at-quest/rainbowniagara https://www.nfchc.ca/lgbtq2-support	Black Youth Helpline https://blackyouth.ca/
RAFT Youth Reconnect Program (Housing Supports; OW supports; Emergency Shelters)	



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

Heather Harte: Tel: 289-213-8218

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 - 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, R.S.W.

School Social Worker

District School Board of Niagara