

Niagara Region Resources

CONTACT Niagara 23 Hannover Drive, St. Catharines (905) 684 3407
www.contactniagara.org 1 800 933 3617

Identify appropriate local resources for children experiencing emotional and behavioural difficulties, and people of all ages with a developmental disability.

Niagara Health System A crisis program for individuals experiencing a psychiatric crisis.
Greater Niagara General Hospital Site (905) 378 4647 ext. 53803/53804
St.Catharines General Hospital Site (905) 378 4647 ext. 43230
Welland County General Hospital Site (905) 378 4647 ext. 33407/ 33408

Distress Centre- 24 hour Crisis Line

St. Catharines (905) 688 3711
Welland/ Port Colborne (905) 734 1212
Grimsby/ Beamsville (905) 563 6674
Fort Erie (905) 382 0689

Kids Help Phone- 24 hour Crisis Line 1 800 668 6868

A 24 hour bilingual telephone service providing counselling and information/ referral services for kids experiencing a wide variety of problems and concerns

CMHA Safe Beds- 24 hours 15 Wellington Street, St. Catharines (905) 641 5254
Community crisis care at hospital, mental health agency referrals. Age 16 and up.

COAST Niagara 1 800 263 4944

Crisis outreach and support team. Age range- 16 years and up.

Mobile team consists of one police officer and one mental health outreach worker. Mobile team operates on Monday-Saturday- noon until midnight. Sundays- noon until 8:00pm.

Mental Health Helpline 1 866 531 2600

24 hour access to information about mental health services across the province. www.mentalhealthhelpline.ca

Family Counselling Services Niagara

Counselling to individuals, couples, families with problems contributing to marital or family difficulties. Walk-in clinic provides single session therapy. Ideally suited for teens or individuals seeking confidential counselling.

82 Hannover Drive, St. Catharines

(905) 937 7731 ext. 3345

5017 Victoria Avenue, Niagara Falls

Office hours for St.Catharines and Niagara Falls: Tuesday and Thursday 1:30pm-5pm

654 South Pelham Road, Welland- *Office hours: Monday to Friday 8:30am-4:30pm*

Pathstone Mental Health

Provides various mental health services to meet specific needs of clients until their 18th birthday, and their families.

3340 Schmon Parkway, Thorold

(905) 688 6850

Office hours: Monday-Friday 08:30am-4:30pm

1 800 563 0122

After hours crisis care: Mobile intervention crisis team serving youth under 18 yrs

1 800 263 4944

Centre for Addiction and Mental Health

1 800 463 6273

Information about addictions and mental health issues.

Parent's for Children's Mental Health

(905) 931 5249

Non for profit parent led organization gives voice to families dealing with mental illness. Monthly meetings in St.Catharines

INFORMATION NIAGARA

211/ (905) 682 6611/ 1 800 263 3695

Three digit phone number providing free information about community, social, health and government services

WEBSITES:

www.mindyourmind.ca- For youth/ emerging adults- information, resources, tools to manage stresses crises and mental health.

www.beautifulminds.ca- Adds positive change in people's knowledge of mental health/ stigma around mental health issues.

www.camh.net/education/online_courses_webinars/mha101- Starting point to understand substance abuse, mental health problems, factors to understand those problems

www.teenmentalhealth.org- Improving youth mental health by effective translation, transfer of scientific knowledge.

www.loveisrespect.org- About teen dating, abuse- provides resources for all ages. Peer advocate, government officials, law enforcement officials and general public.

1 866 331 9474

www.bullyingcanada.ca- First Canadian anti-bullying site aims to help and inform everyone.

(877) 352 4497

www.ementalhealth.ca- Resources/ events in Niagara

www.yourlifecounts.org- Helping youth change addictive/ self-destructive behaviours that can lead to suicide

1 866 531 2600