

## Peel Region Youth Mental Health Resources

<b>Emergency/Crisis: 911 or Hospital Emerg. Room</b>	Closest hospital emergency room	For <b>mental health emergencies only</b> (e.g. if an individual cannot keep themselves safe, or has already acted on suicide thoughts)
<b>Peel Crisis Service (Age 16+)</b> 24 / 7 / 365	905-278-9036 Toll Free: 1-888-811-2222	Immediate <b>crisis outreach</b> and <b>support</b> for individuals aged 16+, who are experiencing a <b>mental health crisis</b> . Phone line answered by mental health crisis worker <b>24/7</b> . Mobile visits available.
<b>EveryMind Crisis Response Service 0-18 yrs</b> 24 / 7 / 365	416-410-8615 <a href="http://everymind.ca">everymind.ca</a>	<b>Immediate, non-emergency crisis counselling support</b> for youth <i>and</i> caregivers of children up to age 18. Callers are connected to a trained crisis counsellor. Mobile visits available Monday through Friday.
<b>Tangerine Walk-In Counselling</b> 9:00am - 8:00pm <i>*Last session begins at 6:00pm</i>	<a href="http://Tangerinewalkin.com">Tangerinewalkin.com</a> Visit website for locations and addresses. <i>*Telephone-based consultations are occurring during COVID-19.</i>	<b>Tuesdays</b> - Associated Youth Services of Peel <b>Wednesdays</b> - Peel Children's Centre <b>Thursdays</b> - Rapport Youth & Family Services
<b>Kids Help Phone</b> 24 / 7 / 365	1-800-668-6868 Or text "CONNECT" to 686868 <a href="http://Kidshelpphone.ca">Kidshelpphone.ca</a>	Bilingual and anonymous <b>phone, text</b> and <b>chat</b> counselling and referral service for children and youth. The app " <b>Always There</b> " also offers in-app access to text or phone crisis support.
<b>LGBT+ Youth Line</b> Operates 4:00-9:30pm Sunday to Friday	<a href="http://Youthline.ca">Youthline.ca</a> (web chat) Toll-Free: 1-800-268-9688 Text: 647-694-4275 TTY: 416-962-0777	Confidential, non-judgmental, informed LGBTQQ2SI peer support and connection to community resources.
<b>Naseeha Helpline</b> 7 days per week, 12pm-9pm Text available Mon-Friday only	<a href="http://Naseeha.org">Naseeha.org</a> Toll-Free: 1-866-627-3342 Text: 1-866-627-3342	Anonymous, non-judgmental, confidential peer support for youth experiencing personal challenges and to support them in working through those challenges.
<b>Black Youth Helpline</b> 9am-10pm	<a href="http://blackyouth.ca">blackyouth.ca</a> Toll-Free: 1-833-294-8650	Culturally responsive mental health and crisis support for youth, families, and those supporting them.
<b>Indigenous Hope for Wellness Helpline</b> 24 / 7 / 365	1-855-242-3310 <a href="http://hopeforwellness.ca">hopeforwellness.ca</a> Also offers web chat	Mental health counselling and crisis intervention to all Indigenous peoples across Canada.
<b>Multilingual Distress Line</b> Mon.-Fri., 10am-10pm	905-459-7777 (Mississauga, Brampton) 1-877-298-5444 (Caledon) 905-278-4890 (TTY)	Support available in English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu.
<b>Peel Children's Aid Society</b> 24 / 7 / 365	905-363-6131 <a href="http://peelcas.org/aboutus.asp">peelcas.org/aboutus.asp</a>	24/7 service to investigate child welfare concerns (e.g. abuse/neglect); works with families to support safety and well-being.
<b>Assaulted Women's Helpline</b> 24 / 7 / 365	1-866-863-0511 <a href="http://awhl.org">awhl.org</a>	Provides <b>crisis counselling</b> , emotional support, information and referrals in 154 languages.
<b>Shelters</b> 24 / 7 / 365	<a href="http://peelregion.ca/housing/shelters/">peelregion.ca/housing/shelters/</a> Peel Outreach Services: 1-877-848-8481 ext. 2	Crisis shelter and supports for people who are homeless or at risk of homelessness.