

## WDG Mental Health and Addiction Services and Websites

### Dufferin:

Dufferin Child and Family Services (DCAFS) (18 years of age and under): 519-941-1530 or [www.dcafs.on.ca](http://www.dcafs.on.ca)

CMHA Peel Dufferin (18+): 905-451-2123 or [www.cmhapeeldufferin.ca](http://www.cmhapeeldufferin.ca)

Dufferin Area Family Health Team: 519-938-8802 or [www.dafht.ca](http://www.dafht.ca)

### Guelph/Wellington:

Here 24/7: 1-844-437-3247 (HERE247) or [www.here247.ca](http://www.here247.ca)

### **Website Resources Available:**

[Dufferin Child and Family Services](#) (DCAFS) provides information about mental health and services available to children and youth in Dufferin County.

[Canadian Mental Health Association Waterloo Wellington Dufferin](#) (CMHAWWD) provides information about mental health concerns and services available in Guelph/Wellington.

[Kids Help Phone](#) provides phone and web counselling for youth under the age of 20. Support is free, 24/7, anonymous and confidential.

[Shed the Light](#) is a Youth-Led Group in Dufferin County that is dedicated to reducing the stigma re: mental health challenges/issues.

[Giving Light Offers Worth and Wellness](#) (GLOWW) is a youth-led group that meets to bring awareness to mental health issues. We are also passionate about reducing stigma associated with youth mental health.

[Mind your mind](#) is a place for youth and young adults to access info, resources and tools during tough times. Help Yourself. Help each other. Share what you live and know.

[SiOS](#) is part of collaboration between the University of Guelph and McGill University, a non-profit outreach initiative providing information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help.

[Anxiety BC](#) has an excellent website with information and interactive activities to learn about anxiety and learn how to cope more effectively.

[Stress Lessons](#) is a program from the Psychology Foundation of Canada. They provide lessons, information and activities to raise awareness and developing coping strategies for dealing with stress.

[Children's Mental Health Ontario](#) provides resources about mental health and well-being.

[Centre for Addiction and Mental Health](#) (CAMH) provides information about mental health and addictions including information for children and youth.

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[Teen Suicide Prevention Video \(YouTube\)](#). In this video created by the Mayo Clinic, teens describe common signs that a teen is considering suicide and provide encouragement for communicating directly and immediately for support and safety. It also includes suggestions for what to say to a teen who may be at risk for suicide and ways to keep them safe. This is a U.S. video, so the number at the end is for the United States. In our area, please contact HERE247 (1 844 437 3247), DCAFS 519 941 1530 or KidsHelpPhone.ca 1 800 668 6868 if you or your child/teen needs someone to talk to.