

## Mental Health Supports in Waterloo Region during COVID-19

For a more detailed list <http://www.wellbeingwaterloo.ca/blog/wp-content/uploads/2020/06/Mental-Health-Supports-COVID-19-1-4.pdf>

Name	Description and Website/Contact Information
<b>Mental Health Supports and Resources</b>	
<b>Here 24/7</b>	<p>If you are in crisis or unsure of what addictions or mental health service you may need HERE 24/7 can help.</p> <p><b>1-844-437-3247 (HERE247)</b> <a href="https://here247.ca/">https://here247.ca/</a></p>
<b>Here4Help</b>	<p>Here4Help is a new online repository of useful tools and techniques to manage the stresses of dealing with COVID-19.</p> <p><a href="http://www.here4help.ca">www.here4help.ca</a></p>
<b>The Friendly Voice Program</b>	<p>The Friendly Voice is a phone-based general wellbeing check-in to enhance social connections and reduce loneliness in our community.</p> <p><b>To register please call 519-743-6333.</b> Reception hours are 8:30am-6pm, but Friendly Voice hours may vary.</p>
<b>Individual counselling via video or telephone support</b>	<p>The phone or video based sessions offered by the Counselling Collaborative are best for those with mild to moderate anxiety and stress levels.</p> <p>To book your session, please call <b>519.743.6333, and press 2 to reach intake.</b></p>
<b>Good2Talk-Ontario Post Secondary Student Support</b>	<p>Good2Talk is a free, confidential mental health support service providing professional counselling and information and referrals for mental health, addictions and well-being to postsecondary students in Ontario, 24/7/365.</p> <p><b>1-866-925-5454</b> <b>Text: GOOD2TALKON to 686868</b> <a href="http://www.good2talk.ca">www.good2talk.ca</a></p>
<b>Youth Line</b>	<p>Confidential, non-judgemental and informed LGBTTTQQ2SI Peer Support through our telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.</p> <p><b>1-800-268-9688</b> <b>Text: 647-694-4275</b> Live chat with a peer support volunteer on <a href="http://www.youthline.ca">www.youthline.ca</a></p>

Name	Description and Website/Contact Information
<b>Hope for Wellness - Mental health and wellness in First Nations and Inuit communities</b>	<p>The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English and French. On request, phone counselling is also available in Cree, Ojibway and Inuktitut.</p> <p><b>1-855-242-3310</b>  <b>Live chat with a counsellor online at <a href="http://www.hopeforwellness.ca">www.hopeforwellness.ca</a></b></p>
<b>ConnexOntario</b>	<p>ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. We are funded by the Government of Ontario. Our system navigation and information service is live-answer 24/7, confidential, and free.</p> <p><b>Dial 1-866-531-2600</b>  <b>Chat online at <a href="https://www.connexontario.ca/">https://www.connexontario.ca/</a></b></p>
<b>Kids Help Phone</b>	<p>Kids Help Phone is a national, bilingual and anonymous phone counselling and referral service for children and youth.</p> <p><b>1-800-668-6868</b>  <b>Text CONNECT to 686868 to be connected to a trained Kids Help Phone Crisis Responder.</b></p>
<b>Sexual Assault Support Centre of Waterloo Region</b>	<p>Our support line is a resource for anyone who has experienced sexual violence as a child or adult, and their friends and families. We provide emotional support and intervention, options, information, referrals, as well as advocacy and accompaniments.</p> <p><b>519-741-8633</b>  <a href="http://www.sascwr.org/">http://www.sascwr.org/</a></p>
<b>Resources to help find services and supports for Children, Youth and Families</b>	
<b>Family Compass of Waterloo Region</b>	<p>Family Compass of Waterloo Region is your first step to finding community-based services and supports for parents, youth and children in Waterloo Region.</p> <p><a href="https://www.familycompasswr.ca/en/index.aspx">https://www.familycompasswr.ca/en/index.aspx</a>  <a href="https://childrenandyouthplanningtable.ca/covid-19-resources-for-children-youth-and-families/">https://childrenandyouthplanningtable.ca/covid-19-resources-for-children-youth-and-families/</a></p>
<b>Bereavement</b>	
<b>Bereaved Families in Ontario – Midwestern Region</b>	<p>Bereaved families of Ontario – Midwestern Region offers peer grief support programs and a variety of education sessions about grief that are currently delivered online.</p> <p><b>519-603-0196</b>  <a href="http://www.bfomidwest.org">www.bfomidwest.org</a></p>
<b>Spiritual Supports</b>	
<b>Interfaith Grand River</b>	<p>IGR is a group of people from diverse faiths and spiritualities who celebrate our diversity in the spirit of mutual respect, harmony and cooperation.</p> <p><a href="http://www.wellbeingwaterloo.ca/blog/wp-content/uploads/2020/09/SeptReligious-and-Spiritual-Supports-COVID-19-6.pdf">http://www.wellbeingwaterloo.ca/blog/wp-content/uploads/2020/09/SeptReligious-and-Spiritual-Supports-COVID-19-6.pdf</a></p>