



Crisis Response - help for kids and parents 24/7/365

<http://www.peelcc.org/services/family-crisis>

Call 416-410-8615

The holidays, while a season of joy, are also a time of stress. For families with challenges, stress can turn into distress and a mental health crisis. Should this happen, where can kids and parents get help when schools, doctors' offices and social services are closed?

The **Crisis Response Service** operated by Peel Children's Centre is here to help **24 hours a day, even on holidays**. Just call **416-410-8615** from anywhere in Peel Region.

We offer free, immediate support for children/youth under age 18 experiencing a mental health crisis, as well as their parents/caregivers. Mental health crises may include, but are not limited to: parent-child conflict, school concerns, suicidality, self-harm, substance misuse, stress, depression and parenting concerns.

The Crisis Response Service provides:

- * Immediate crisis stabilization over the phone;
- * Development of safety plans;
- * In-person support in clients' homes, the community or the office between 9 am and 9 pm;
- * Short-term, crisis-focused counseling; and
- * Referrals and bridging support to other services in the community.

Peel Children's Centre Ph.: (905) 795-3500 Fax: (905) 696-0350