

# COVID-19 Response in Peel

## Mental Health and Wellbeing Supports

The resources listed below are available to provide mental health, stress and anxiety supports. This list is not exhaustive, and availability of some services might change during COVID-19. This list will be updated as new information becomes available.

For information about community programs and services, please contact 211 Ontario by referring to [www.211.ca](http://www.211.ca) or calling 2-1-1 (available 24/7).

<b>CRISIS SUPPORTS</b>		
<b>IF YOUR SITUATION IS A LIFE-THREATENING EMERGENCY, CALL 911</b>		
<b>Agency</b>	<b>Service Details During COVID-19</b>	<b>Contact Information</b>
<b>Caledon/Dufferin Victim Services</b>	24/7 support and resources for Caledon and Dufferin residents.	Call 905-951-3838 Call 1-888-743-6496 <a href="https://www.cdvs.ca/">https://www.cdvs.ca/</a>
<b>Catholic Family Services Peel Dufferin</b>	Providing crisis intervention counselling.	Call 905-450-1608 ext. 112 <a href="http://www.cfspd.com">www.cfspd.com</a>
<b>Crisis Support Peel Dufferin</b>	Provide timely and high-quality responses to de-escalate, stabilize and support those in mental health/ addiction crisis. <b>24.7 Crisis Support Peel is not an emergency response unit.</b>	Mississauga and Brampton Call 905-278-9036 Caledon and Dufferin Call 1-888-811-2222
<b>Dufferin Child and Youth Mental Health Crisis Line</b>	Integrated children's service agency that provides child protection services, children's mental health and developmental support.	Call 519-941-1530 <a href="http://dcafs.on.ca/">http://dcafs.on.ca/</a>
<b>Hope 24/7 Crisis Line</b>	Provides psychotherapy services for all persons 12 years and older impacted by relationship and sexual abuse.	Call 1-800-810-0180 <a href="http://hope247.ca/">http://hope247.ca/</a> Caledon residents Call 905-792-0821
<b>Interim Place Crisis Line</b>	Women/ families experiencing violence.	Call 905-403-0864 <a href="http://www.interimplace.com/">http://www.interimplace.com/</a> TTY 905-403-0453
<b>Peel Children's Centre Tangerine Walk-in Counselling (Virtual due to COVID-19)</b>	24/7 Crisis line for children, youth and families. Provides counselling support to children youth and families. Children ages 12-17 can access services with or without a parent/ guardian.	24/7 crisis line Call 416-410-8615 Call 905-795-3530 <a href="http://peelcc.org/en/services/family-tangerine-walk-in-counselling">http://peelcc.org/en/services/family-tangerine-walk-in-counselling</a>

<b>Peel Crisis Capacity Network</b>	Crisis and transitional supports for those 11 and up living with developmental disabilities and/ or dual diagnoses of mental health.	Call 905-273-4900
<b>Punjabi Community Health Services</b>	Multi-service agency that provides supports and assistance to individuals dealing with challenges related to mental health and addictions.	Call 905-677-0889 ext. 147 Service in Punjabi, Hindi, Urdu <a href="http://pchs4u.com/">http://pchs4u.com/</a>
<b>Safe Centre of Peel</b>	Services for victims of violence. Offering crisis intervention, risk assessment and safety planning over the phone through an integrated service response model or “one stop shop.” This includes warm referrals and identifying resources that they may be able to access in the community.	Call 905-450-4650 <a href="http://www.scopeel.org">www.scopeel.org</a>
<b>Victim Services of Peel</b>	Support and referrals for victims of crime and tragic circumstance.	Call 905-568-1068 <a href="https://vspeel.org/">https://vspeel.org/</a>
<p><b>SUPPORTS FOR CHILDREN AND YOUTH</b></p> <p><b>If your child is experiencing a mental health emergency, expresses thoughts of self-harm, or engages in suicidal behavior, seek help from a mental health professional immediately. Call 911 or go to the emergency room of your local hospital.</b></p>		
<b>Partner</b>	<b>Service Details During COVID-19</b>	<b>Contact Information</b>
<b>Associated Youth Services Peel (AYSP)</b>	Virtual mental health counselling and youth justice supports for children, youth and their families (ages 0-17 years old). Program referrals still occurring.  Existing clients with immediate questions— contact their worker at the number provided where messages will be received.	24/7 crisis line Call 416-410-8615  Youth Mental Health Programs Call 905-890-5222  Family Mental Health Programs Call 905-451-4655  <a href="https://www.aysp.ca/">https://www.aysp.ca/</a>
<b>Catholic Family Services Peel Dufferin</b>	Counselling, psychotherapy and couple and family therapy for any issues related to emotional, mental health as well as relationship distress.	Call 905-450-1608 ext. 112  <a href="http://www.cfspd.com">www.cfspd.com</a>
<b>Centre for Addiction and Mental Health (CAMH)</b>	Provides mental health supports within the GTA and online tools related to COVID-19	Call 416-535-8501 in the GTA  Call 1-800-463-2338  <a href="https://www.camh.ca/en/mental-health-and-covid-19#coping">https://www.camh.ca/en/mental-health-and-covid-19#coping</a>

<b>The Children's Mental Health Ontario Centre (CMHO)</b>	<p>Children's Mental Health Ontario (CMHO) represents Ontario's publicly funded Child and Youth Mental Health Centres.</p> <p>Provides mental health resources and online tools related to COVID-19.</p>	<p>Call 416-921-2109</p> <p><a href="https://www.cmho.org/">https://www.cmho.org/</a></p>
<b>The DAM</b>	<p>Provides services to youth via on-line drop-in's, video conferencing and phone.</p>	<p>Call 905-826-6558</p> <p><a href="https://www.thedam.org/">https://www.thedam.org/</a></p>
<b>Kids Help Phone</b>	<p>Kids Help Phone is a Canadian charitable organization that provides 24/7 free confidential professional online and telephone counselling and volunteer-led, text-based support in English and French.</p>	<p>Call 1-800-668-6868 or</p> <p>Text CONNECT to 686868</p> <p><a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a></p>
<b>Mindyourmind</b>	<p>Mental health resources and advice for youth aged 14-29.</p>	<p><a href="https://mindyourmind.ca/">https://mindyourmind.ca/</a></p>
<b>Province of Ontario's ConnexOntario</b>	<p>For 24/7 information about mental health, addiction and problem gambling services throughout Ontario.</p>	<p>Call 1-866-531-2600</p> <p><a href="http://www.connexontario.ca">www.connexontario.ca</a></p>
<b>Where to Start</b>	<p>Peel Region's network of service providers for child and youth mental health services.</p>	<p>24/7 crisis line 416-410- 8615</p> <p>Call 905-451-4655</p> <p><a href="https://wheretostart.ca/">https://wheretostart.ca/</a></p>
<b>NON-CRISIS SUPPORTS</b>		
<b>Partner</b>	<b>Services Details During COVID-19</b>	<b>Contact Information</b>
<b>Bethell Hospice</b>	<p>Palliative care and grief programs for individuals or families experiencing loss.</p>	<p>Call 905-838-3534</p> <p><a href="https://bethellhospice.org/">https://bethellhospice.org/</a></p>
<b>Big White Wall</b>	<p>An anonymous, online peer-to-peer support community providing support for anxiety, depression, and other common mental wellbeing issues.</p>	<p><a href="https://www.bigwhitewall.com/">https://www.bigwhitewall.com/</a></p>
<b>Bounce Back</b>	<p>Help for managing low mood, mild-to-moderate depression and anxiety, stress or worry for anyone aged 15 or over. Delivered over the phone with a coach and through online videos.</p>	<p><a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a></p>
<b>Canadian Mental Health Association – Peel Dufferin Branch</b>	<p>Crisis, information and referral.</p>	<p>Call 905-451-2123</p> <p>Call 1-877-451-2123</p> <p><a href="https://cmhapeeldufferin.ca/">https://cmhapeeldufferin.ca/</a></p>

<b>Canadian National Institute for the Blind – Foundation Peer Support</b>	Virtual program offering support for blind and partially sighted individuals facing feelings of isolation.	Call 1-800-563-2642 <a href="https://cnib.ca/peer-support-programs">https://cnib.ca/peer-support-programs</a>
<b>Catholic Family Services of Peel</b>	Telephone support.	Call 905-450-1608 x 112 <a href="https://cfspd.com/">https://cfspd.com/</a>
<b>Centre for Addictions and Mental Health (CAMH)</b>	Peer to Peer online support.	Call 416-535-8501 in the GTA Call 1-800-463-2338 <a href="#">Mental Health and COVID-10 Forum</a> <a href="http://www.camh.ca/">http://www.camh.ca/</a>
<b>The Centre for Grief and Healing</b>	Peer support groups being held on-line to support persons through grief and healing.	Call 905-848-4337 Email <a href="mailto:Info@bereavedfamilies.ca">Info@bereavedfamilies.ca</a> <a href="http://www.bereavedfamilies.ca">www.bereavedfamilies.ca</a>
<b>Check Up from The Neck Up</b>	A private, online check-up tool to help people learn more about common mood disorders.	<a href="http://checkupfromtheneckup.ca">http://checkupfromtheneckup.ca</a>
<b>Children’s Mental Health Ontario (CMHO)</b>	Provincial organization with a data base to locate clinicians to support children, youth and families.	Call 416-921-2109 <a href="https://www.cmho.org/blog/talking-to-your-anxious-child-about-covid-19">https://www.cmho.org/blog/talking-to-your-anxious-child-about-covid-19</a>
<b>Distress Centres of Greater Peel (formerly known as Spectra Helpline Peel)</b>	Distress and emotional support lines. English helpline 24/7. Multilingual lines Monday to Friday, 10 a.m. to 10 p.m. Crisis and suicide text service is open 4:00 pm to 12 midnight 24/7.	Brampton and Mississauga Call 905-459-7777 Caledon Call 1-877-298-5444 TTY 905-278-4890 <a href="https://www.spectrahelpline.org/">https://www.spectrahelpline.org/</a>
<b>eMentalHealth.ca</b>	Provides valuable resources such as information sheets and screening tools about a variety of mental health conditions and topics.	<a href="https://www.ementalhealth.ca/">https://www.ementalhealth.ca/</a>
<b>Family Services of Peel</b>	Provides services via phone or email.	Call 905-270-2250 <a href="https://fspeel.org/services/counseling/">https://fspeel.org/services/counseling/</a>
<b>Family Transition Place</b>	24/7 support line. Services for women and their children who have experienced abuse in Caledon.	Call 519-941-4357 Call 905-584-4357 Call 1-800-265-9178 Email <a href="mailto:Support@familytransitionplace.com">Support@familytransitionplace.com</a> <a href="https://familytransitionplace.ca/">https://familytransitionplace.ca/</a>

<b>Hills of Headwaters Collaborative</b>	Health care organizations and providers working together to improve the well-being of patients and families in Dufferin-Caledon.	Email <a href="mailto:Info@hillsofheadwaterscollaborative.ca">Info@hillsofheadwaterscollaborative.ca</a>
<b>Heart House Hospice</b>	Grief programs for individuals or families who are experiencing loss.	Call 905-712-8119 <a href="https://hearthousehospice.com/">https://hearthousehospice.com/</a>
<b>Info Peel</b>	Searchable database, live chat or info line. Supports community services, special needs, early years and childcare.	Call 905-890-9432 <a href="http://www.infopeel.ca">www.infopeel.ca</a>
<b>Ontario for All</b>	Not-for-profit alliance raising issue for building an equitable and inclusive Ontario.	<a href="https://www.ontario.ca/page/mental-health-services">https://www.ontario.ca/page/mental-health-services</a>
<b>Peel Addiction Assessment and Referral Centre</b>	Provides telephone and video conferencing for clients challenged by substance use.	Call 905-629-1007 <a href="https://www.paarc.com/">https://www.paarc.com/</a>
<b>QTBIPOC Sauga</b>	QTBIPOC Sauga is grassroots gathering of queer and trans, Black, Indigenous and people of colour in Peel. Available for informal conversations.	Email <a href="mailto:qtbipocsauga@gmail.com">qtbipocsauga@gmail.com</a> <a href="https://facebook.com/qtbipocsauga/">facebook.com/qtbipocsauga/</a> <a href="https://instagram.com/qtbipocsauga/">instagram.com/qtbipocsauga/</a>
<b>Roots Community Services</b>	Multi-service agency that provides supports and assistance to individuals dealing with challenges related to mental health and addictions. Updates posted on website.	Youth Call 416-951-4116 Women Call 647-355-0992 Families Call 416-433-3259 Seniors Call 905-455-6789 <a href="http://www.rootscs.org">www.rootscs.org</a>
<b>Services and Housing in the Province (SHIP)</b>	Access, assessment and referral to mental health services and supportive housing.	Call 519-215-2642 <a href="http://www.shipshey.ca">www.shipshey.ca</a>
<b>Veterans Affairs Operational Stress Injuries (OSI) Connect app</b>	A free mental health learning and self-management app developed to provide help through the OSI Clinic Network.	<a href="https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/osi-connect">https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/osi-connect</a>
<b>Wellness Together Canada</b>	A portal dedicated to mental wellness. It connects Canadians to peer support workers, social workers, psychologists and other professionals for confidential chat sessions and phone calls. Supported by the Canadian government and other partner organizations.	<a href="https://ca.portal.gs/">https://ca.portal.gs/</a>