

DPCDSB is committed to the human dignity, inclusion and safety of every student. If you or someone you care about is in crisis or needs help, please see below for community resources and supports.

General Crisis:

- Kids Help Phone provides services 24/7 in the following languages: English, French, Ukrainian, Russian, Pashto, Dari, Mandarin, and Arabic with the help of interpreters: 1-800-668-6868 or text "CONNECT" to 686868 (0-18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder. (website: www.kidshelpphone.ca)
- 24.7 Crisis Support Peel Dufferin for anyone of any age, 24 hours a day, 7 days a week: 905-278-9036 | 1-888-811-2222.
- Dufferin Child and Family Services: 519-941-1530 and request crisis services (website: [Crisis - Dufferin Child & Family Services \(dcafs.on.ca\)](http://Crisis-Dufferin-Child-&-Family-Services(dcafs.on.ca))

Culturally and Identity Supportive Resources

- Roots Community Services Black, African, and Caribbean Community Support Line. Monday-Friday 9:00am – 7:00pm: 647-812-8545 (website: www.rootscs.org/bac; Email: supportline@rootscs.org)
- Black Youth Help Line serves all youth and specifically responds to the need for a Black youth-specific service to promote access to professional, culturally appropriate support for youth, families, and schools. Hours are 9:00am-10:00pm daily: 1-833-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- Kids Help Phone – Support for Black Youth - <https://kidshelpphone.ca/get-info/support-for-black-youth-riseup-powered-by-kids-help-phone>
- Hope for Wellness Help Line provides support for all Indigenous peoples across Canada. Experienced and culturally competent counsellors are reachable by telephone and online chat 24 hours a day, 7 days a week. 1-855-242-3310 (website: www.hopeforwellness.ca)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- Kids Help Phone – “I’ve experienced racism, where do I go for support” (website: www.kidshelpphone.ca/get-info/ive-experienced-racism-where-can-i-find-support)

Culturally and Identity Supportive Resources Continued:

- Kids Help Phone - Support for First Nations, Inuit and Métis youth: <https://kidshelpphone.ca/get-info/first-nations-inuit-and-metis>
- Kids Help Phone – Supporting Newcomer Youth: <https://kidshelpphone.ca/get-involved/newcomeryouth>
- LGBT2Q+ Youth Line is a youth-led organization that affirms and supports the experiences of youth under 29. This peer support line offers confidential and non-judgmental support for 2SLGBTQ+: 1-800-268-9688 (website: www.youthline.ca)
- Kids Help Phone – 2SLGBTQ+ Youth & Allies: <https://kidshelpphone.ca/get-info/2slgbtq-youth-allies-this-is-your-space>

Human Trafficking and Sexual Assault:

- Canadian Human Trafficking Hotline (24/7): 1-833-900-1010 (website: www.canadianhumantraffickinghotline.ca)
- Kids Help Phone – What is Human Trafficking: [KHP - What is human trafficking](#)
- Ontario Native Women’s Association: 1-800-667-0816 (website: www.onwa.ca/learning-resources-ht)
- Hope 24/7 provides support services to survivors of relationship abuse and sexual violence: 1-800-810-0180 (website: www.hope247.ca)
- Victim Services of Peel offers support to individuals and families impacted by trauma, for example, human trafficking or sexual assault, 24 hours a day, 7 days a week: 905-568-1068 (website: www.vspeel.org)
- Caledon Dufferin Victim Services: 905-951-3838 (website: www.cdvs.ca)
- Kids Help Phone – What is sexual assault: [KHP - What is sexual assault](#)

Other resources

- School Mental Health Ontario: Information for Students: <https://smho-smso.ca/students/>