**Suicide Crisis Numbers**

The following four help lines are available 24 hours a day for any emergency situation or mental health crisis so do not hesitate to call if you feel depressed or suicidal. Calls are confidential.

|  |  |
| --- | --- |
| Grand River Hospital Crisis Team | **519-742-3611** |
| Canadian Mental Health Association Distress Centre | **519-745-1166** |
| Crisis Line | **519-744-1813** |
| Youth Line | **519-745-9909** |

**Mental Health Resources**

|  |  |
| --- | --- |
| Canadian Mental Health Association | **519-744-2049** |
| Grand River Hospital Emergency Department | **519-749-4242** |
| Psychiatric and Mental Health Access | **519-749-4310** |
| Mood Disorders Association | **519-884-5455** |

**Support Numbers**

|  |  |
| --- | --- |
| Kids Help Phone | **1-800-668-6868** |

**Accommodation and Food**

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| R.O.O.F. (shelter and substance abuse counselling) | **519-742-2788** |
| Betty Thompson Youth Centre | **519-749-1450** |
| House of Friendship | **519-742-8327** |
| St. John’s Kitchen | **519-745-8928** |

**Women’s Shelters**

|  |  |
| --- | --- |
| Anselma House | **519-742-5894** |
| Marillac Place | **519-571-0722** |
| Monica Ainslie Place | **519-624-0481** |
| Mary’s Place | **519-744-0120** |
| St. Monica House | **519-743-0291** |

**Eating Disorders**

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| Eating Disorders Awareness Coalition | **519-745-4875** |

**Drug and Alcohol Counselling**

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| --- | --- |
| St. Mary’s Hospital Counselling | **519-745-2585** |
| Regional Addiction Counselling | **519-743-6951** |
| Withdrawal Management | **519-749-4300**  **Ext. 2623** |
| Drug and Alcohol Information Line | **1-800-463-6273** |
| Registry of Treatment | **1-800-565-8603** |
| Ontario Problem Gambling Help Line | **1-888-230-3505** |
| Narcotics Anonymous | **519-651-1121** |
| ACCKWA (free needle exchange) | **519-570-3687** |
| Alateen (support for teens affected by drinking) | **519-742-6921** |
| Smokers Helpline | **1-877-513-5333** |

**Birth Control and Pregnancy Counselling**

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| --- | --- |
| Family and Children Services | **519-746-0540** |
| K-W Pregnancy Centre | **519-886-4001** |
| Planned Parenthood | **519-743-9360** |
| Prenatal Classes | **519-621-6110** |
| Prenatal Nutrition Program | **519-883-2267** |
| Young Mom’s Support Group | **519-749-0977** |
| Young Father’s Group | **519-743-0291** |

**Sexual Health**

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| HIV/STD Clinic (free, anonymous testing) | **519-883-2251** |
| AIDS Info Line | **1-800-665-2437** |
| Sexual and Reproductive Health Clinic | **519-883-2267** |

**LGBTQ Resources**

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| Parents & Friends of Lesbians and Gays | **519-650-5155** |
| Lesbian/Gay/Bi Youth Line | **1-800-268-9688** |
| ACCKWA Youth Group | **519-570-3687** |
| Gays and Lesbians of Waterloo (UW) | **519-884-4569** |

**Sexual Assault**

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| Sexual Assault Treatment Centre | **519-749-6994** |
| Waterloo Regional Police | **519-653-7700** |
| Ears for Male Victims of Sexual Abuse | **519-570-3277** |
| Sexual Assault and Support Centre | **741-8633** |