

You are not alone! Please reach out for help if you need support

HERE 24/7:

"Addictions, Mental Health and Crisis."

Phone: 1-844-437-3247

(1-844-HERE247)

Local Number: 519-821-3582

Website: www.here247.co

Kids Help Phone:

Kids & teens 18 and younger who are struggling with a problem, big or small

Phone: 1-800-668-6868

(Text: "CONNECT" to 686868)

for 24/7 support

Website: www.kidshelpphone.ca

211:

"211 helps to navigate the complex network of human services quickly and easily,

24 hours a day, 7 days a week, in over 150 languages."

Phone: 211

Website: www.211ontario.co

At Glenview:

CYW's: Ms Meadus & Ms Chard

Social Worker: Ms Ridsdale

Guidance Counsellors:

Ms Hall, Ms Gardiner,

Mr Sprenger, Mr Haalboom,

Ms Caplin, Mr Stigter

<https://gps.wrdsb.ca/guidance-2/>

Bounce Back Ontario:

A free, evidence-based cognitive behavioural therapy (CBT) program that offers guided mental health self-help supports for adults and youth 15+ using workbooks, online videos and phone coaching

Phone 1-866-345-0224

Website: www.bouncebackontario.ca

In an emergency
call 911

OK2BME:

"OK2BME provides no cost services for LGBTQ2+ youth, teens and their families in Waterloo Region."

Phone: 519-884-0000

Email: www.ok2bme@kwcounselling.com

Website: <https://ok2bme.ca/>

Front Door:

"Access to child & youth mental health services"

Phone: 519-749-2932

Website:

<https://www.frontdoormentalhealth.com/>

Front Door Crisis Services:

(Mon-Fri 8:30-4:30pm)

Phone: 519-749-2932

Outside of these hours please call
Here 24/7: 1-844-437-3247