

Below are just some of the community wide resources that you can use if you or your family need support:

- [Kids Help Phone](#)
  - Online: [kidshelpphone.ca/live-chat](https://kidshelpphone.ca/live-chat)
  - Phone: 1-800-688-6868
  - Text: 686868
- [Bullying Canada](#) On any day of the year, at any time, youth, parents, coaches, and teachers may contact Bullying Canada by phone, text, online chat, and email for help on how to make bullying stop. Their Support Team is composed of hundreds of highly-trained volunteers.
  - Online: <https://www.bullyingcanada.ca/>
  - Phone: (877) 352-4497
  - Text: (877) 352-4497
- [OK2BME](#) Is a local group from KW Counselling that works with elementary/high school students and our community to support our LGBTQ+ friends. They have lots of services and people with lived-experiences working there. They also run fun youth LGBTQ+ events.
  - Online: <https://ok2bme.ca/>
  - Phone: 519-884-0000
  - E-mail [ok2bme@kwcounselling.com](mailto:ok2bme@kwcounselling.com)
- [LGBTQ YouthLine](#) (Sunday to Friday 4pm-9:30pm ET)
  - Online: [youthline.ca](https://youthline.ca)
  - Phone: 1-800-268-9688
  - Text: 647-694-4275
- [Front Door](#) Works with parents/caregivers, children and youth who are struggling with life's challenges such as emotions, behaviours, relationships and mental health. They listen, offer support and can help you identify next steps including access to other services
  - Online : <https://www.frontdoormentalhealth.com/>
  - Phone: 519-749-2932, press 1 to book an appointment
- [KW Counselling](#) A multi-service agency providing individual, family, group and outreach supports to the community. Walk In Counselling Clinic available.
  - Online: <https://www.kwcounselling.com/>
  - Phone: 519-884-0000
- [Here 24/7](#) A front door to the addictions, mental health, and crisis services provided by 11 agencies across Waterloo Wellington. All you need to do is reach out, they'll work together with you to understand what you need and work to get you connected.
  - Online: <https://here247.ca/>

- Phone: 1-844-HERE247 (1-844-437-3247)
- [Family Compass](#) A first step to finding community-based services and supports for parents, youth and children in Waterloo Region. FamilyCompassWR.ca is not an emergency crisis website,
  - Online: <https://www.familycompasswr.ca/en/index.aspx>
- Mental Health Literacy - Offers mental health literacy information, research, education and resources; provided in a variety of mediums that include videos, animations, brochures, e-books, face-to-face training programs, and online training programs.  
*\*Information, not counselling.*
  - Online: <https://mentalhealthliteracy.org>
- Public Health Region of Waterloo
  - Online:  
<https://www.regionofwaterloo.ca/en/public-health-and-emergency-services.aspx>
- SHORE (Sexual Health Options Resource Education)
  - Online: <https://www.shorecentre.ca>
  - Phone: 519-743-9360
  - Email: [info@shorecentre.ca](mailto:info@shorecentre.ca)
- [The Food Bank of Waterloo Region](#) - Part of the Community Food Assistance Network, a system of 100+ community programs and agency partners, providing food and connection to other vital supports needed by children, seniors, families and individuals—every day.
  - Online: <https://www.thefoodbank.ca/network/map/>
  - Phone: 519.743.5576 EXT. 340