

**Emergency Crisis Support**

911 (police, fire, ambulance)

**Waterloo Regional Police**

519-653-7700 (non-emergency)

**Mental Health Crisis Support**

[Kids Help Phone](#)

1-800-668-6868

[kidshelpphone.ca/live-chat](http://kidshelpphone.ca/live-chat)

**[Kids Help Phone Crisis Text Line](#)**

Text CONNECT (English) or PARLER (French) to 686868

**[Here 24/7](#)**

1-844-437-3247

**[Front Door](#)**

519-749-2932

**[LGBTQ Youth Line](#)**

Sunday to Friday, 4pm-9:30pm

Phone: 1-800-268-9688

Text: 647-694-4275

**Abuse Support**

**Sexual Assault Centre of Cambridge**

519-741-8633

[info@sascwr.org](mailto:info@sascwr.org)

**Victim Services**

519-585-2363

**Health Care Support**

**[Telehealth](#)**

1-866-797-0000

**Public Health Cambridge**

519-575-4400

**Housing**

**Emergency Shelters for Youth in Cambridge**

519-998-7292

**Emergency Shelters for Families in the Waterloo Region**

519-749-2450

**Ontario Works**

519-883-2100

**Parent Resources**

<https://childmind.org/>

<https://ca.ctrinstitute.com/blog/5-tips-supporting-anxious-children/>

[https://schools.wrdsb.ca/athome/?post\\_button](https://schools.wrdsb.ca/athome/?post_button)

<http://www.mindfulnesseveryday.org/resourcesforteens.html>

**Food Support**

[Food Bank of Waterloo Region](#)

**Mental Health Apps**

[Mindyourmind](#)

[Head Space](#)

[Be Safe](#)

Helps you make decisions in a crisis such as safety plans, and options for getting help in Waterloo Region.

[Teenmentalhealth.org](http://Teenmentalhealth.org)

Designed to help improve the mental health of youth using the best scientific evidence available to enhance the understanding of adolescent mental health.

[Big White Wall](#)

Mental health and wellbeing service offering self-help programs, creative outlets, and a community that cares.