

# **Community Support Lines – Who to Call in a Crisis**

**Kids Help Phone 1-800-668-6868** Talk to someone 24 hours a day about any crisis you may be facing, ie. depression, abuse, bullying, drugs, dating, anything at all. [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Suicide Crisis Hotline - 519-744-1813** 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.

## **Mental Health Resources**

Canadian Mental Health Association **Youth Crisis Line** 519-745-9909 (24 hours)

Canadian Mental Health Association General Distress Line 519-745-1166 (24 hours)

Canadian Mental Health Association K-W 519-744-7645

Grand River Hospital Emergency Dept. Crisis Team 519-742-3611 x 2353 (Not always available to answer calls, is best to go in, 835 King Street West, Kitchener).

GRH Psychiatric and Mental Health Access Referral Line 519-749-4310

Front Door Child & Youth Mental Health 519-749-2932

Self Help Alliance of Waterloo Region 519-884-5455

24/7 on-line counselling – [www.yourlifecounts.org](http://www.yourlifecounts.org)

Info & tools to help you manage stress & anxiety – [www.mindyourmind.ca](http://www.mindyourmind.ca)

## **Drug and Alcohol Counseling**

St. Mary's Hospital Counselling (Alcohol, Drugs, Gambling) 519-745-2585

Withdrawal Management Services 519-749-4318

Centre for Addiction and Mental Health 1-800-463-6273

Drug and Alcohol Registry of Treatment 1-800-565-8603

Ontario Problem Gambling Help Line 1-888-230-3505

Narcotics Anonymous 1-888-811-3887

AIDS Committee of Cambridge, Kitchener, Waterloo and Area (Free Needle Exchange) 519-570-3687 or Toll Free 1-877-770-3687

Alcoholics Anonymous 519-742-6183

Smokers Helpline 1-877-513-5333

## **Sexual Health**

Sexual Health & Harm Reduction 519-883-2267

HIV/STD Anonymous Testing 519-883-2267

AIDS Info Line 1-800-665-2437

## **Sexual Assault**

Sexual Assault Treatment Centre 519-749-6994

Ears for Male Victims of Sexual Abuse 519-570-3277 (24 hours)

K- W Sexual Assault and Support Crisis Line 519-741-8633 (24 hours)

Waterloo Region Police 519-653-7700 or 911

## **Birth Control and Pregnancy Counseling**

Planned Parenthood 519-743-9360

Region of Waterloo Public/Sexual Health Call Centre 519-575-4400

Monica Place 519-743-0291

Family and Children Services 519-576-0540

K-W Pregnancy Centre 519-886-4001

## **LGBTQ Resources**

Lesbian/Gay/Bi/Trans - Youth Line 1-800-268-9688 (Available from 4:00pm-9:30pm)

KW Counselling – **OK2BME** – 519-884-0000 x 222

## **Accommodation and Food**

R.O.O.F. (Shelter and Substance Abuse Counseling) 519-742-2788

Betty Thompson Safe Haven Shelter (Lutherwood) 519-749-1450

House of Friendship 519-742-8327

St. John's Kitchen 519-745-8928