

# Student Services - Crisis Numbers

## Community Support Lines

If you have doubts about whether you belong, if you're loved, or if your life matters, talk to someone who can help you realize how significant you really are. A trusted friend, a parent, a respected teacher or a compassionate counsellor can help you work through your darkest hour or put you in touch with people who can help you renew your passion for life. **You are loved, you do matter, but you do need to reach out to realize just how much you mean.**

If you are facing a situation that you feel is overwhelming, if you feel depressed or are considering suicide, call the following numbers immediately. There are also other resources for many other emergencies faced by teens.

## 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 Clinic **519-749-4310**  
<http://www.grhosp.on.ca/care/services-departments/mental-health-addiction/child-and-adolescent-outpatient-mental-health>

Canadian Mental Health Association Distress Centre **519-745-1166**  
<https://cmhaww.ca/wp-content/uploads/2016/02/Distress-Line-Volunteer-Listeners-Brochure-digital-FINAL-Jan-2015.pdf>

Canadian Mental Health Association Crisis Service **1-866-531-2600**  
<https://www.connexontario.ca/Directory/Program/17278>

Canadian Mental Health Association Youth Line **519-745-1166**  
<https://cmhaww.ca/wp-content/uploads/2016/02/Distress-Line-Volunteer-Listeners-Brochure-digital-FINAL-Jan-2015.pdf>

Waterloo-Wellington-Dufferin **1-844-437-3247**  
Addiction, Mental Health & Crisis Services  
<http://www.here247.ca>

## Mental Health Resources

Canadian Mental Health Association K-W **1-844-264-2993**  
<http://cmhaww.ca/>

Grand River Hospital Emergency Department **519-742-3611**  
<http://www.grhosp.on.ca/care/services-departments/emergency>

GRH Psychiatric and Mental Health Access Referral Line **519-742-3611**  
<http://www.grhosp.on.ca/news/2017/mh-emerg>

Mood Disorders Association for Waterloo Region **519-884-5455**  
<https://www.mooddisorders.ca/event/kitchener-waterloo-peer-support-group-mood-disorders-association-for-waterloo-region>

## **Support Numbers**

Kids Help Phone **1-800-668-6868**  
<https://kidshelpphone.ca/>

Free 24/7 TEXT support for people in crisis Text **HOME** to **686868**

## **Accommodation and Food**

oneROOF (shelter and substance abuse counselling) **519-742-2788**  
<http://www.oneroof.org/>

Safe Haven Shelter (Betty Thompson Youth Centre) **519-749-1450**  
<https://www.lutherwood.ca/contact/safe-haven-shelter>

House of Friendship **519-742-8327**  
<https://www.houseoffriendship.org/>

St. John's Kitchen **519-745-8928**  
<https://www.theworkingcentre.org/st-johns-kitchen/143>

## **Women's Shelters**

Anselma House **519-741-9184**  
<http://wccswr.org/about-us/our-services/residential/anselma-house/>

Marillac Place (pregnant/mother, homeless) **519-571-0722**  
<https://marillacplace.ca/>

Monica Ainslie Place **519-624-0481 (Cambridge)**  
**519-743-0291 (Waterloo)**  
<http://monicaplace.ca/>

Mary's Place **519-576-8856**  
<https://www.ywcakw.on.ca/emergency-shelter>

## **Eating Disorders**

Eating Disorders Awareness Coalition  
<http://www.eatingdisorderscoalition.ca/>

**519-745-4875**

## **Drug and Alcohol Counselling**

Ontario Addiction Treatment Centre  
<https://www.oatc.ca/clinic-locations/kitchener-east-clinic/>

**519-279-6078 (Kitchener)**

Withdrawal Management Services

**519-749-4318**

<http://www.grhosp.on.ca/care/services-departments/mental-health-addiction/withdrawal-management>

Drug and Alcohol Registry of Treatment (DART)

**1-800-565-8603**

<https://www.mhagb.ca/content/ontario-drug-and-alcohol-registry-treatment-dart>

Ontario Problem Gambling Helpline (OPGH)

**1-888-230-3505**

<https://www.mhagb.ca/content/ontario-problem-gambling-helpline-opgh>

Narcotics Anonymous (Golden Triangle Area)

**888-811-3887**

<https://gtascna.org/>

ACCKWA (free needle exchange)

**519-570-3687**

<http://www.acckwa.com/>

Alateen (support group for teens affected by drinking)

**519-896-5678**

<http://www.al-anon.alateen.on.ca/>

Smokers Helpline

**1-877-513-5333**

<https://www.smokershelpline.ca/>

## **Birth Control and Pregnancy Counselling**

K-W Pregnancy Centre

**886-4001**

<https://pregnancycentre.ca/>

Planned Parenthood (SHORE)

**519-743-9360**

<https://www.shorecentre.ca/>

Prenatal Classes (A.R. Kaufman Family YMCA)

**519-743-5201**

<https://www.ymcacambridgekw.ca/en/y-kids/early-years/Prenatal-Programs.asp>

Prenatal Nutrition Program

**519-575-4400**

<https://www.regionofwaterloo.ca/en/health-and-wellness/online-prenatal-program.aspx>

## **Sexual Health**

Sexual Health Services (free, anonymous HIV/STD testing) **519-883-2314**

<https://www.regionofwaterloo.ca/en/health-and-wellness/sexual-health-services.aspx>

HIV and AIDS

**519-575-4400**

<https://www.regionofwaterloo.ca/en/health-and-wellness/hiv-and-aids.aspx>

Sexual and Reproductive Health Clinic

**519-883-2314**

<https://www.regionofwaterloo.ca/en/health-and-wellness/sexual-health.aspx>

## **LGBTQ Resources**

Parents and Friends of Lesbians and Gays (PFLAG)

**1-888-530-6777**

<http://pflagcanada.ca/>

Lesbian/Gay/Bi Youthline

**1-800-268-9688**

<http://www.youthline.ca/>

ACCKWA Youth Group

**519-570-3687**

<http://www.acckwa.com/youth/>

## **Sexual Assault**

Sexual Assault Treatment Centre (St. Mary's Hospital)

**519-749-6994**

<http://www.smgh.ca/patient-care-programs/community-based-programs/waterloo-region-sexual-assault-and-domestic-violence-treatment-centre/>

Waterloo Regional Police Service

**519-570-9777**

<https://www.wrps.on.ca/en/index.aspx>

Ears for Male Victims of Sexual Abuse

**519-570-3277**

<https://www.connexontario.ca/Directory/Program/17278>

Sexual Assault Support Centre (SASC) of Waterloo Region

**519-741-8633**

<http://www.sascwr.org/>