














HOW DO I GET HELP?

EMERGENCY CRISIS: Call 911 or go to your local emergency department




	<p>KIDS HELP PHONE https://kidshelpphone.ca/ 1-800-668-6868 Text: 686868</p>
	<p>MENTAL HEALTH CRISIS LINE of GREY BRUCE https://www.gbhs.on.ca/contact/mental-health-crisis-line/ 1-877-470-5200</p>
	<p>CANADIAN MENTAL HEALTH ASSOCIATION (CMHA) https://ontario.cmha.ca/mental-health/child-and-youth-mental-health/ 1-800-875-6213</p>
	<p>CMHA GREY BRUCE – DROP-IN CLINICS https://greybruce.cmha.ca/mental-health-services/drop-in-clinic/</p>
	<p>WELLNESS & EMOTIONAL SUPPORT FOR YOUTH ONLINE (WES) https://wesforyouthonline.ca/</p>
	<p>KEYSTONE CHILD, YOUTH & FAMILY SERVICES https://www.keystonebrucegrey.org/ 519-371-4773</p>
	<p>BRUCE & GREY COMMUNITY INFORMATION (211) https://brucegreycommunityinfo.cioc.ca/</p>

BIPOC & CULTURAL SUPPORT SERVICES

	<p>M'Wikwedong Indigenous Friendship Centre https://mwikwedong.com/ 519-371-1147</p>
	<p>SOAHAC, Owen Sound https://soahac.on.ca/service/owen-sound/ 519-376-5508</p>
	<p>Hope for Wellness Chat https://hopeforwellness.ca/home.html 1-855-242-3310</p>


	Talk4Healing https://www.talk4healing.com/ 1-855-554-HEAL(4325) Crisis Line: 1-888-200-9997
	Black Youth Helpline https://blackyouth.ca/ 1-833-294-8650
	Naseeha Mental Health Hotline https://naseeha.org/ Helpline: 1-866-627-3342

SELF-INJURY

	Canadian Mental Health Association https://ontario.cmha.ca/mental-health/child-and-youth-mental-health/
	Calm Harm App
	Be Safe App



DISORDERED EATING

Talk to your family doctor / Ask for a dietician referral


	National Eating Disorder Information Centre (NEDIC) https://nedic.ca/ Toll free: 1-866-663-4220
	Canadian Mental Health Association (CMHA) https://cmha.ca/ 519-371-36423 Toll free: 1-888-451-CMHA(2642)
	Eating Disorders Association of Canada (EDAC) https://edac-atac.com/
	National Initiative for Eating Disorders (NIED) https://nied.ca/
	Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.) https://www.feast-ed.org/



	Canada's Food Guide https://food-guide.canada.ca/en/
	Recovery Road App
	Lifesum App

ACCESS TO FOOD



	211 Bruce & Grey Community Information https://brucegreycommunityinfo.cioc.ca/
	OSHaRE https://oshare.ca/ 519-376-3899 info@oshare.ca
	Salvation Army https://salvationarmy.ca/

LGBTQ+





	LGBTQ+ Youth Line https://www.youthline.ca/ 1-800-268-9688 Text: 647-694-4275
	Make It Wright https://www.makeitwright.ca/
	LGBTQ+ Christian Community Generous Space Ministries https://www.generousspace.ca/ 1-855-542-8724
	Pflag Canada https://pflagcanada.ca/ 1-888-530-6777
	CMHA Grey Bruce https://greybruce.cmha.ca/ 519-371-36423 Toll free: 1-888-451-CMHA(2642)

	Rainbow Health Ontario https://www.rainbowhealthontario.ca/
	Egale https://egale.ca/



SUBSTANCE USE – vaping, tobacco, alcohol, drugs

	CHOICES Drug and Alcohol Counselling for Youth https://greybruce.cmha.ca/addictions/choices-drug-and-alcohol-counselling-for-youth/ 519-371-3642 Toll free: 1-888-451-CMHA(2642)
	Quit That! App

GRIEF/LOSS






	Teenage Grief Sucks https://www.teenagegriefsucks.com/
	Canadian Virtual Hospice https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx
	Victorian Order of Nurses (VON): Grey Bruce – Bereavement Services https://www.von.ca/en/grey/service/bereavement-services 519-371-5331 Toll free: 1-866-212-6413
	Lighthouse for Grieving Children https://lighthousegriefsupport.org/ 905-337-2333 info@lighthousegriefsupport.org

TROUBLE SLEEPING




	Here to Help – Getting a Good Night's Sleep https://www.heretohelp.bc.ca/factsheet/getting-a-good-nights-sleep#strategies
	Calm App

	Shleep App (Google Play)
	Shleep App (Apple)
	Noisli App

EXCESSIVE VIRTUAL TIME – gaming, social media, screen time




	CMHA – Addictions and Problematic Internet Use https://ontario.cmha.ca/documents/addictions-and-problematic-internet-use/
	Centre for Addiction & Mental Health – Online Course: Youth & Technology http://www.camhx.ca/education/online_courses/mha101/youthandtechnology/Youth_and_Technology_.htm
	Center for Internet & Technology Addiction https://virtual-addiction.com/resources/
	eMentalHealth.ca: Unplug (from Technology) and Connect https://www.ementalhealth.ca/Ontario/Unplug-from-Technology-and-Connect-Keeping-Families-Strong-in-a-Wired-World/index.php?m=article&ID=26722
	Media Smarts – Canada’s Centre for Digital & Media Literacy https://mediasmarts.ca/





ANXIETY/STRESS SUPPORT

	Anxiety Canada https://www.anxietycanada.com/
	Mood Mission App
	Headspace App


	Smiling Mind App
	Sitting Still App (Apple)
	InsightTimer App
	Calm App
	Breath 2 Relax App (Apple)
	Breath 2 Relax App (Google Play)
	Daylio App
	Woebot Health App

FEELING BLAH




	School Mental Health Ontario: Self-Care 101 for Students https://smho-smso.ca/blog/online-resources/self-care-101-for-students/
	I Am App (Apple)
	I Am App (Google Play)

	What's Up? A Mental Health App (Apple)
	What's Up? A Mental Health App (Google Play)
	Woebot Health App
	MindShift© CBT App

RELATIONSHIP SUPPORT – Partners/Peers

	Huron Domestic Assault Review Team (DART) – Youth http://www.hurondart.ca/youth/
---	--

SEXUAL ASSAULT / PHYSICAL ASSAULT

	Women's House https://www.whsbq.on.ca/ 519-396-9655 Toll free: 1-800-265-3026 Sexual Assault Support Line: 1-866-578-5566
	Women's Centre Grey Bruce https://www.thewomenscentre.org/ Crisis Line: 591-371-1600 Toll free: 1-800-265-3722 Text: 226-974-0755
	Grey Bruce Health Services: Sexual Assault & Partner Abuse Care Centre https://www.gbhs.on.ca/sexual-abuse-partner-abuse-care-centre/ 519-376-2121 ext. 2458

OTHER SUPPORT QUESTIONS? CALL 211