

Need Help? Let's Talk.

Service	Phone Number	Email Address	How to Connect
School Guidance Counselors and Student Success	519-832-2091 Ms. Dolphin- ext. 528 Mrs. Dunlop – ext. 529 Mrs. Miraie - ext. 582	susan_dolphin@bwdsb.on.ca alyssa_dunlop@bwdsb.on.ca karah_miraie@bwdsb.on.ca	Self-Referral
Choices- Heather Murray	519-371-5487 1-800-265-3133	www.mhagb.ca	See Guidance Counselor or Student Success
Mental Health Counselor BWDSB- Summer Kueneman			See Guidance Counselor or Student Success
Keystone- Child, youth, and Family Services	519-371-4773	www.keystonebrucegrey.org	Self-Referral
Southwest Ontario Aboriginal Health Access Centre Grey-Bruce	519-376-5508	www.southwesthealthline.ca	Self-Referral
Bruce Shoreline Community Mental Health Team	1-877-888-5855 519-797-2880	www.cmhagb.org	Self-Referral (16 years and older))
Victims Services Bruce Grey	1-866-376-9852	www.vsbgp.com	Self-referral
Sexual Abuse/ Partner Abuse Care Centre	519-376-2121 ext. 2458	www.gbhs.on.ca/mental-health-addiction-services	Self-referral
Anishinabek Nation Social Services	705-497-9127	www.anishinabek.ca	Self-Referral
PEPP (Prevention and Early Intervention Program for Psychosis)	519-376-2121 ext. 2415 1-866-385-6588		Self-Referral
WRAP- Wellness Recovery Action Plan	519-371-4582		Self-Referral
Women's House Serving Bruce and Grey	1-800-265-3026	www.whsbg.on.ca	Self-Referral
Saugeen Women's Respite-Kabaeshiwim	519-797-2521 Crisis Line: 519-797-3677		Self-referral
Crisis Intervention Team	1-888-525-0552	www.mhagb.ca	Self-referral
We Care		www.wecaregreybruce.ca	Self-Referral
Kids Help Phone	1-800-668-6868	www.kidshelpphone.ca	Self-Referral
LGBTQ Helpline	1-800-268-9688	www.youthline.ca	Self-Referral
Wes for Youth	1-855-577-3737	Wesforyouthonline.ca office@westforyouthonline.ca	Self-Referral
Sexual Assault Crisis Line	1-866-578-5566		Self-Referral
Mental Health Crisis Line of Grey and Bruce	1-877-470-5200		Self-Referral
Community and Social Services Help Line	211	211ontario.ca	Self-Referral