













# HOW DO I GET HELP?




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

**Suicide Prevention Line – call - 9-8-8**




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

## BIPOC & CULTURAL SUPPORT SERVICES

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




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

#### SELF-INJURY

	Canadian Mental Health Association <a href="https://ontario.cmha.ca/mental-health/child-and-youth-mental-health/">https://ontario.cmha.ca/mental-health/child-and-youth-mental-health/</a>
	Calm Harm App
	Be Safe App



#### DISORDERED EATING

Talk to your family doctor / Ask for a dietician referral


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



	Canada's Food Guide <a href="https://food-guide.canada.ca/en/">https://food-guide.canada.ca/en/</a>
	Recovery Road App
	Lifesum App

#### ACCESS TO FOOD



	211 Bruce & Grey Community Information <a href="https://brucegreycityinfo.cioc.ca/">https://brucegreycityinfo.cioc.ca/</a>
	OSHaRE <a href="https://oshare.ca/">https://oshare.ca/</a> 519-376-3899 <a href="mailto:info@oshare.ca">info@oshare.ca</a>
	Salvation Army <a href="https://salvationarmy.ca/">https://salvationarmy.ca/</a>

#### LGBTQ+



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

	Rainbow Health Ontario <a href="https://www.rainbowhealthontario.ca/">https://www.rainbowhealthontario.ca/</a>
	Egale <a href="https://egale.ca/">https://egale.ca/</a>



**SUBSTANCE USE – vaping, tobacco, alcohol, drugs**


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






**GRIEF/LOSS**






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




**TROUBLE SLEEPING**

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







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




<b>ANXIETY/STRESS SUPPORT</b>	
	Anxiety Canada <a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a>
	Mood Mission App
	Headspace App
	Smiling Mind App
	Sitting Still App (Apple)

	InsightTimer App
	Calm App
	Breath 2 Relax App (Apple)
	Daylio App
	Woebot Health App

#### FEELING BLAH

	School Mental Health Ontario: Self-Care 101 for Students <a href="https://smho-smso.ca/blog/online-resources/self-care-101-for-students/">https://smho-smso.ca/blog/online-resources/self-care-101-for-students/</a>
	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
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<b>SEXUAL ASSAULT / PHYSICAL ASSAULT</b>	
	Women's House <a href="https://www.whsbq.on.ca/">https://www.whsbq.on.ca/</a> 519-396-9655 Toll free: 1-800-265-3026 Sexual Assault Support Line: 1-866-578-5566
	Women's Centre Grey Bruce <a href="https://www.thewomenscentre.org/">https://www.thewomenscentre.org/</a> 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 <a href="https://www.gbhs.on.ca/sexual-abuse-partner-abuse-care-centre/">https://www.gbhs.on.ca/sexual-abuse-partner-abuse-care-centre/</a> 519-376-2121 ext. 2458

**OTHER SUPPORT QUESTIONS? CALL 211**