

## Supports for Mental Health



**Suicide Crisis Helpline**  
**Ligne d'aide en cas de  
crise de suicide**



**Canadian Mental  
Health Association**  
Haliburton, Kawartha, Pine Ridge  
*Mental health for all*

**9-8-8 is a streamlining of services and is a rebrand of 4 County Crisis. 9-8-8 works like 9-1-1, you don't need data or a plan on your phone to make the call. 9-8-8 is available 24 hours a day, 7 days a week and will always be answered by a staff member.**

### Local Mental Health Supports for Adults

- **Canadian Mental Health Association, Haliburton, Kawartha Pine Ridge**

**705-748-6711**

Offers a broad range of **mental health** services and programs for those living with serious **mental** illness. The office remains open and is providing programs, services and information over the phone or virtually at this time.

- **Talk-Now – Mental health** and Addictions Virtual Clinic

**705-876-5826**

All ages clinic. Monday, Tuesday, Thursday, and Friday 8:30am-noon

- **CCRC** (Community Counselling and Resource Centre)

**705-742-4258**

Professional and confidential counselling services, for people of all ages who are experiencing problems. Fees are geared to income. Offices are closed, but the agency is meeting clients' needs via phone, e-mail and other methods.

- **Mental Health Services, Adult Outpatient Program, Peterborough**

**Regional Health Centre**

**705-876-5028**

Offers assessment and treatment to those coping with a **mental** illness and where appropriate, to their families. Offering telephone and tele-video appointments at this time.

- **Peterborough Family Health Team (PFHT)**  
**(Referral from a PFHT family doctor/Nurse Practitioner is required)**  
**Mental Health** Clinicians work together with your doctor and/or Nurse Practitioner to help you learn new skills for managing stress, anxiety, depression and other life changes. We offer short-term counselling of 1-6 sessions. Offering telephone appointments at this time.
- **Telecare Distress Centre**  
**705-745-2273** (24 hours)  
Telephone support line, for people who are feeling lonely, troubled, or confused. A free, confidential and anonymous service.
- Your Primary **Health** Care Provider  
May be able to provide treatment and support or provide a referral to local **mental health** and addictions supports over the phone.

## Broader Support for **Mental Health**

- **Togetherall (Formerly Big White Wall) | Togetherall**  
24/7 Peer to Peer online mental health support network.
- **BounceBack**  
A free skill-building program offered by CMHA. One version for adults and one for youth 15 – 18 years. To manage low mood, mild depression, anxiety, stress and worry. Over the phone with a coach and through on-line videos.
- **Breaking Free Online (BFO)**  
A confidential online platform to help support wellness around substance use. Present physical (social) distancing measures are affecting the delivery of addiction services and the ability of clients to access treatment and recovery support. Breaking Free Online is offering their services to anyone with a substance use disorder who is not able to access their regular support. BFO will give them continuous access to personalized behavioural support online. To access this service, use the code CAPSA2020 to sign in.

- **ConnexOntario**

Ontario's mental health, addictions and problem gambling help line, which can provide contact information for local mental health and addictions services and supports, including crisis lines.

- Mental Health: 1-866-531-2600
- Addictions: 1-800-565-8603
- Problem Gambling: 1-888-230-3505

### **Hope for Wellness Helpline**

- Available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week
- Call 1-855-242-3310 or chat online at [hopeforwellness.ca](http://hopeforwellness.ca).

## **Mental Health Supports for Children, Youth and Young Adults**

- **One Stop Talk**

Offers an online opportunity to connect 1 to 1 with a counsellor through online chat, video and voice no matter where you live in Ontario.

- **Good2Talk**

1-866-925-5454

Provides confidential mental health counselling and referrals for post-secondary students in Ontario.

Dial 1-866-925-5454 to talk.

Text "GOOD2TALKON" to 686868.

- **Kids Help Phone**

1-800-668-6868 (24 hours)

Provides confidential toll-free phone, text or chat counselling to children and teenagers experiencing a wide variety of problems, issues and concerns.