

MENTAL HEALTH WEEK 2021: MAY 3RD to 7TH

Mental Health Resources for Students in Hamilton

It's important to know that you have options when you are seeking support or information for your mental health! Sometimes our mental wellbeing can fluctuate, and sometimes when we're feeling low it can seem harder to ask for help. Knowing what supports are available is helpful when you or someone else is struggling, especially in times of emergency. So, even if you feel good right now, it's a good idea to save this information, and to keep your mental wellness in check through consistent mental hygiene practices such as meditation.

Community Resources:

Your family Doctor

- Your family doctor is a great place to start a discussion about your mental health. They have the ability to refer you to other supports such as counselling. If you don't have a family doctor, your family can register for one using the provincial Health Care Connect program.
- <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

COAST

- Crisis Outreach and Support Team (COAST) provides 24 hours Mental Health Crisis Outreach for anyone, of any age. Knowing this resource is beneficial whether you need help for yourself, or to call help for someone else.
- 905-972-8338 or online at www.coasthamilton.ca

Kids Help Phone

- Access to 24/7 phone support is an easy phone call to Kids Help Phone. They offer counselling and provide information.
- 1-800-668-6868 or text CONNECT to 686868
- www.KidsHelpPhone.ca

Hamilton Regional Indian Centre

- Provides many family, youth, and student programs and services for Indigenous youth, such as a Youth Wellness Program, a Youth in Transition program, and Youth Outreach Worker services. Learn more here: <http://www.hric.ca/programs.php>

De Dwa Da Dehs Nye>S – Aboriginal Health Centre

- Provides culturally safe mental health and addictions services for all members of the urban Indigenous community in Hamilton, Brant/Brantford, and Niagara.
- Provides counselling, outreach, navigation, and peer support services.
- Does not provide crisis services.
- To request services or information please call Hamilton branch: 905-544-4320 ext. 215 or visit <https://aboriginalhealthcentre.com/services/mental-health/> to get more info.

Youth Wellness Centre

- Mental health and addictions programs for youth 17 to 25. You can refer yourself to the program to benefit from counselling and other unique supports.
- <https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/youth-wellness-centre>

Good Shepherd

- The Barrett Centre for Crisis Support is a free service available 24/7, and provides a safe environment for individuals 16 years of age or older, who are experiencing a mental health and/or substance use crisis and who do not require a hospital stay. They also offer counselling and peer support as well, through self-referral.
 - 24-Hour Crisis Line: 905-529-7878
 - Administration Office: 905.529.4343
 - <https://www.goodshepherdcentres.ca/services/barrett-centre-for-crisis-support/>
- Notre Dame House is a 24-hour emergency shelter for those who are between 16 and 21 years old, and provide services to those facing homelessness, family conflict or violence, and mental health and addiction challenges.

Virtual Resources:

- School Mental Health Ontario
 - This website is full of COVID-19 student mental health resources and strategies: [Students - COVID-19 - School Mental Health Ontario \(smho-smso.ca\)](https://www.smho-smso.ca/Students-COVID-19-School-Mental-Health-Ontario)
 - This PDF Pocketbook is a great two-page resource, and easy to save on your phone or computer: [Pocketbook-3D.pdf \(smho-smso.ca\)](https://www.smho-smso.ca/Pocketbook-3D.pdf)
- Jack.org. COVID-19 Youth Mental Health Resource Hub
 - A hub of resources to help you take care of yourself during this challenging time, with activities and downloadable content for social media.
 - <https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub>
- Apps to Download:
 - Christian Meditation
 - Mindshift
 - Be There
 - Calm
- Good2Talk:
 - Free, confidential and anonymous helpline available 24/7. Provides professional counselling and information and referrals for mental health, addictions and well-being for people aged 17-25.
 - Call: 1-866-925-5454 to speak with a professional counsellor
 - Text: GOOD2TALKON to 686868 with a trained, volunteer Crisis Responder
- Mental Health Helpline
 - Provides information to anyone of any age, about counselling services and supports in your community, and offers support, education and strategies to meet your goals.
 - Call: 1-866-531-2600