

Resources



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington

Here 24/7 is your front door to the addictions, mental health, and crisis services provided by 11 agencies across Waterloo Wellington.

24 hour crisis and support line.

www.here24/7.ca

Visit CMHA WW online to access our services and resources, get involved, and learn about mental health. To see a listing of our upcoming webinars, trainings, and workshops click on events.

www.cmhaww.ca



BounceBack®
reclaim your health

A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1-866-345-0224



BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

Referral from a primary care provider or psychiatrist is needed in order to access full programming. You can self-refer as long as you have a PCP.

www.bouncebackontario.ca

For help connecting with mental health and addictions programs in communities across Ontario, including peer support and virtual services, ConnexOntario is available 24/7 and can be contacted at 1-866-531-2600 toll free for support in over 170 languages.

www.connexontario.ca



Crisis
Services
Canada

Services
de crises
du Canada

If you are having thoughts of suicide connect with Crisis Services Canada by calling 1-833-456-4566 or visit their website for more information.

[www.https://www.crisisservicescanada.ca/](https://www.crisisservicescanada.ca/)

Other Helpful Websites



Center for Addiction and Mental Health
www.camh.net

Connex Ontario - Mental Health, addiction, and problem gambling services
www.connexontario.ca/en-ca

Waterloo Region Suicide Prevention Council
www.wrspc.ca

Mental Health Commission of Canada
www.mentalhealthcommission.ca

211 Ontario - local programs and services
www.211Ontario.ca

Canadian Centre for Occupational Health and Safety
www.ccohs.ca

Guarding Minds at Work - Psychological health and safety standards
www.guardingmindsatwork.ca

Helpful Apps

Free Apps

- Mindshift
- Take a Break! Guided Meditation for Stress Relief
- My3
- What's Up
- Self-Help for Anxiety Management (SAM)

Paid Premium Content or Subscriptions

- Calm
- Insight Timer
- Down Dog
- Headspace
- Breethe meditation
- 365 Gratitude Journal
- 10% Happier
- Goal Wizard
- Moodfit
- Happify



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