

Local Resources

The following list can provide a great local starting place if you need to reach out for additional supports. Included for each area is the link to your local Canadian Mental Health Association (CMHA) as well as the local 24-hour crisis support line, including websites where available.

Brant Haldimand Norfolk

- CMHA – bhn.cmha.ca
- Crisis Support - St Leonard's Community Services - 519-759-7188
 - st-leonards.com

Halton Region

- CMHA - halton.cmha.ca
- Crisis Outreach and Support Team (COAST) 1-877-825-9011

Hamilton

- CMHA - cmhahamilton.ca
- Crisis Outreach and Support Team (COAST) - 905 972-8338.

Huron-Perth

- CMHA - cmhahuronperth.com
- Huron Perth Helpline and Crisis Response Team - 1-888-829-7484
 - Hpha.ca

Oxford County

- CMHA – cmhaoxford.on.ca
- The Crisis & Outreach Services - 1-866-933-2023
 - Reachout247.ca

Peel-Dufferin

- CMHA – cmhapeeldufferin.ca
- Crisis Support Peel Dufferin - 1-888-811-2222

Waterloo Wellington

- CMHA – cmhaww.ca
- Here24/7 1-844-HERE-247 (437-3247)
 - Here247.ca