

If you, or someone you know, is in crisis and requires immediate attention, please call 911 or go to your nearest hospital emergency room.

The resource listings in this brochure are meant to be used for information and not a substitute for professional care and treatment.

Please refer to the Council's website for additional resources.



**SUICIDE AWARENESS COUNCIL
OF WELLINGTON - DUFFERIN**

*The Suicide Awareness Council
Wellington-Dufferin is dedicated to
helping reduce suicide and its
impact on individuals,
families, and communities.*

www.sacwd.ca

EMAIL

suicidecouncilwd@cmhaww.ca

PHONE

519.239.8902



**SUICIDE AWARENESS COUNCIL
OF WELLINGTON - DUFFERIN**

RESOURCES



RESOURCES IN WELLINGTON & DUFFERIN COUNTIES

HERE 24/7 (Wellington-Waterloo)

Canadian Mental Health Association
Waterloo Wellington

1-844-437-3247
TTY 1-877-688-5501

Access to crisis, addictions and
mental health services.

24.7 Crisis Peel Dufferin CMHA

1-888-811-2222

Distress Line: Daily 8:30 a.m. - 10:00 p.m.

1-888-821-3760

Dufferin Child and Family Services

519-941-1530
655 Riddell Rd, Orangeville
*Talk In Clinic is offered Wednesdays
from 1-7:00 p.m.*

Family Counselling and Support Services for Guelph-Wellington

519-824-2431
109 Surrey Street, Guelph
Satellite Locations: Fergus & Mount
Forest. Walk-in services are available.
For more information: [https://
familyserviceguelph.on.ca/](https://familyserviceguelph.on.ca/)

Guelph Wellington Women in Crisis

1-800-265-7233



SUPPORT LINES

Kids Help Phone

1-800-668-6868 Text: 686868
Chat: <https://kidshelpphone.ca>

Good2Talk

1-866-925-5454
Post-Secondary Student Helpline

National Suicide Hotline

1-833-456-4566

TransLife Peer Support

1-877-330-6366 (Canada)

Veterans Crisis Phone Line

1-800-268-7708 (Canada)

First Nations & Inuit Hope for Wellness Help Line

1-855-242-3310

Boots on the Ground: Peer Support for First Responders (Ontario)

1-888-677-2668

Eating Disorders Helpline

1-866-633-4220

Centre for Addiction and Mental Health Information & Support Line

1-800-463-6273

Caregiver Helpline

1-833-416-2273

Ontario 211



INTERNET RESOURCES

WOEBOT APP

<http://woebot.io>

A free therapy chatbot that
supports mental health & well-
being

Suicide

[Centre for Suicide Prevention](#)

[Distress & Crisis Ontario](#)

Mental Health

[Canadian Mental Health
Association Waterloo Wellington](#)

[Anxiety Disorders Association of
Canada](#)

[Mood Disorders Society of
Canada](#)

[Schizophrenia Society of Ontario](#)

[Bereaved Families of Ontario](#)

[Canadian Centre for Substance
Abuse and Addiction](#)

Youth

[Kids Help Phone](#)

[The Jack Project](#)

