

Mental Health Resources

Organization	Description
Canadian Mental Health Association	The Canadian Mental Health Association (CMHA), Halton Region Branch
COAST – Crisis Outreach and Support Team Halton	The Halton Regional Police Service (HRPS) Crisis Outreach and Support Team (COAST) Crisis Line (for people 16 years or older): 1-877-825-9011
Halton Region	Learn about factors that Influence a <u>child’s social and emotional well-being</u> , and how to best support your child <u>Mental health</u> is our ability to feel, think and act in ways that help us to enjoy life and deal with challenges. For access to regional and local municipalities in Halton, dial 311 for Halton Government Services. <u>Where to get help in Halton?</u> Page 13, provides a list of Mental Health and Addiction Support Recourses <u>Emotional Well-Being/Mental Health</u>
ROCK (Reach Out Centre for Kids)	ROCK has a wide range of services and programs, universal services for anyone to access, that support positive mental health 24/7 ROCK Crisis Line at 905-878-9785 (for children up to 18 years of age)

The Conference Board of Canada -Mental Health & Wellness Resources	Offer free resources to assist organizations in improving workplace mental health.
COVID-19 Canada App	Government of Canada updates, as well as resources and self-check tools.
Distress Centre Halton	Phone and online support for people in our community Oakville: 905-849-4541 Burlington : 905-681-1488 Halton Hills: 905877-1211
Internet-Based Cognitive Behavioural Therapy (iCBT)	Short-term program delivered online. It helps people develop skills and strategies to address symptoms of mild to moderate anxiety and/or depression.
ConnexOntario	A mental health, addictions and problem gambling help line. Call 1-866-531-2600
TogetherAll	An online peer-to-peer support community for your mental health, Big White Wall is an anonymous online education and discussion platform, available 24/7.
BounceBack	A guided self-help program for adults and youth aged 15 and over.
Not Myself Today	Not Myself Today® is an evidence-based, practical solution to help employers transform mental health at work.
Mental Health Commission of Canada	Providing people in Canada who live with a mental health problem or illness should be able to expect timely access to high-quality services. If you are in distress, you can text WELLNESS to 741741 at any time.
Canadian Centre for Occupational Health and Safety	A mentally healthy workplace is a high-functioning, respectful and productive environment.

Crisis & Trauma Resource Institute (CTRI)	Providing training for trauma, mental health, counselling skills, and violence prevention.
Work Place Strategies for Mental Health	<u>Managing anxious or depressive thoughts.</u>
Our Kids Network	Resources to Support Children, Youth and Families. <u>The Early Years Mental Health Toolkit.</u> <u>OurKidsNetwork Indigenous Reconciliation.</u>
PFlag Halton Branch	<u>LGBTQ2 resources in Halton</u>
Grandmother's Voice	Services provided to share Indigenous knowledge and wellness practices.
Halton Black Voices	<u>Working to dismantle all forms of oppression, violence, and brutality against BIPOC community members.</u>
Halton Equity Diversity Roundtable	<u>Community collective of organizations, institutions, groups, businesses, and individual community members that is committed to building systemic inclusion and equity in Halton.</u>
The Social Inclusion Project	A directory of resources to create awareness and a tailored guide on resources available to racialized residents.
Strong Minds Strong Kids: Psychology	Canada – <u>Resiliency Quiz</u> , <u>Stress Busters Activity Book</u> (children aged 7 – 12 years).
Children's Mental Health Ontario (CMHO)	CMHO represents Ontario's publicly-funded Child and Youth Mental Health Centres.
Child and Adolescent Services	<u>Child and adolescent inpatient services</u> provides assessment, stabilization and treatment within a secure setting for children and youth.
The Halton Resource Connection	Second Step Kits and resources bins to promote social and emotional wellbeing.

The Mehrit Centre

Shanker Self-Reg is a process for enhancing self-regulation by understanding and dealing with stress. Self-Reg is the pathway to enhancing resilience, motivation, learning and well-being.