



If you're experiencing low mood, depression, and anxiety, BounceBack can help. Through BounceBack, adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive.

### **We offer Two Forms of Help**

#### **Online Videos**

Learn practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living

Available in multiple languages

#### **Telephone Coaching and Workbooks**

Three to Six coaching session via phone  
Your coach will monitor how you are doing, keep you motivated, and help you develop new skills

In order to utilize BounceBack, we **require referral from a family doctor or nurse practitioner**

[www.bouncebackontario.ca](http://www.bouncebackontario.ca)  
TOLL-FREE 1-866-345-0224



Togetherall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events, we'll help you get through it.

### **Wellbeing that is available Anywhere, Anytime**

Anonymous Peer Support  
Self-guided courses  
Self-improvement tools and resources  
Safe space to express yourself without judgement  
Assesments  
Self-improvement tools  
Focused Courses  
Personalized Suggestion  
24/7 Moderation by clinically trained "Wall Guides"

Togetherall is **free to use!**  
**Just enter your postal code**

[www.togetherall.com](http://www.togetherall.com)

IN CRISIS? CALL 416-410-8615 TO SPEAK TO A CRISIS WORKER

VISIT TANGERINE WALK-IN COUNSELLING

REQUEST AN INTAKE FOR MENTAL HEALTH SERVICES



- [About Us](#)
- [For Youth / Families](#)
- [Groups & Webinars](#)
- [For Community Service Providers](#)
- [For Physicians](#)
- [Additional Resources](#)
- [FAQ](#)
- [Contact Us](#)
- [🔍](#)



**B** • **A** • **C**  
**Black**    **African**    **Caribbean**

Feeling isolated, anxious,  
confused, and in need of  
support?

Call  
Roots Community Services' BAC  
Community Support Line  
at  
**647-812-8545**

We provide a listening ear,  
referrals, & information about  
the community!

We are here  
to support you!  
Mon-Fri  
9am-7pm



Inspiration. Empowerment. Action.

*RootsCS' BAC Community Support Line is supported by the Government of Canada's Emergency Community Support Fund and Community Foundations of Canada*

RootsCS.org  
Supportline@rootsCS.org  
36 Queen Street E.  
Brampton ON. L6V 1A2



**FREE.  
CONFIDENTIAL.  
24/7/365.  
DIAL 1-866-925-5454 TO TALK  
TEXT GOOD2TALKON TO 686868**

[LEAVE FEEDBACK](#)

## What is Good2Talk?

Good2Talk is a free, confidential service for post-secondary students in Ontario, available 24/7/365. By calling 1-866-925-5454, post-secondary students in Ontario can receive professional counselling and information and referrals for mental health, addictions and well-being.

[LEARN MORE](#)

# Kids Help Phone



Need help right now? Text CONNECT to [686868](tel:686868) to chat with a volunteer Crisis Responder 24/7.



Get Support

Get Involved

Français

Kids Help Phone

Call a counsellor: 1-800-668-6868

[Donate](#)

[Get help](#) [Get info](#) [Who we are](#)

## We're here for you



Search Examples: [coronavirus](#), [suicide](#), [dating](#), [LGBTQ2S+](#), [games](#)



### Text

Get support right now through our texting service

[LEARN MORE](#) →



### Phone

Call us for support through our phone service

[LEARN MORE](#) →



### Live Chat

Live Chat is temporarily closed

[LEARN MORE](#) →



### Resources Around Me

Find a youth program near you

[GO NOW](#) →

<https://kidshelpphone.ca/>



# Wellness Together Canada

## <https://ca.portal.gs>

### Wellness Together Canada: Mental Health and Substance Use Support

#### Introduction

We recognize the significant strain that COVID-19 has placed on individuals and families across the country. Many people are concerned about their physical and mental well being. Canadians are being challenged in a number of ways because of isolation, financial and employment uncertainty and disruptions to daily life. *Wellness Together Canada* provides tools and resources to help Canadians get back on track. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues.

#### What is Included

*Wellness Together Canada* offers the following at **no cost** to Canadians:

1. **Wellness self-assessment and tracking.**
2. **Self guided courses, apps, and other resources.**
3. **Group coaching and community of support.**
4. **Counselling by text or phone.**



#### Where to Start

Click the 'Get Started' button below to create an account. You have the option of completing a wellness self-assessment, and then choosing from the full range of no cost options for support. Without an account you can access immediate support by text and other helpful resources below.

For COVID information and a physical self-assessment of COVID symptoms [click here](#).



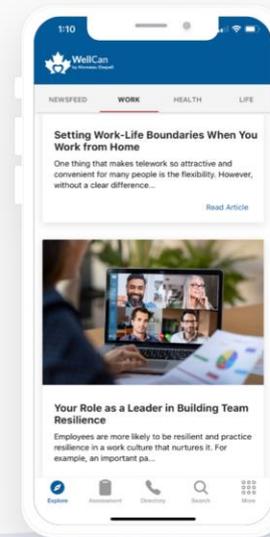


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# Help when you need it. Where you need it.

Corporate, community and public sector partners joining together in this moment of national mobilization to help Canadians.



# WellCan

<https://wellcan.ca>



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# CARE TO SPEAK

- Care to Speak is a peer support service that provides emotional and psychological help to healthcare workers.
- If you need someone to talk to, about anything, we're here. Give us a call or chat with us online; it's free and confidential.
- Connect with us from Monday to Friday, 5pm to 9pm, and Monday, Tuesday, and Wednesday from 10:00am to 2:00pm.
- Confidential Peer Support Hotline:
- **1-866-802-7337 (PEER)**
- <https://www.careforcaregivers.ca>



# AbilitiCBT

- Feeling anxious? Sad? Not yourself? We've all been there.
- At Shoppers Drug Mart, we know that taking care of your mental health is essential to your wellbeing. When life's challenges feel like a bit too much, AbilitiCBT is there for you.





Free 2 Talk Mental Health Counselling Sessions Are Available By Phone Or Video For Youths, Young Adults, As Well Families (Group Sessions), Single Parents.

**NO APPOINTMENT NEEDED | NO HEALTH CARD  
NO FEE | NO JUDGMENT**

**AVAILABILITY:**

**MONDAYS**

Speak With Rachael Between 7-11pm

**WEDNESDAYS**

Speak With Tanasha Between 4-7pm

**THURSDAYS**

Speak With David Between 5-7pm

**CALL US AT**

**1.855.700.6463 (MIND)**

**OPTION #4**

**To Be Connected With One Of  
Our Counsellors.**



*"Taking The Path To Mend Minds Is Essential"*

# Need help for yourself or someone else?

## CMHA Peel Dufferin

- Call between 8:00am – 8:00pm
- Access to a Mental Health Worker

**Central Intake**  
(905) 451-2123  
or

1-877-451-2123 (for  
Caledon and  
Dufferin)

- Call 24/7 Crisis Support
- Access to support for yourself, a friend, or family member

(905) 278-9036  
or

1-888-811-2222 (for  
Caledon and Dufferin)



- If in immediate danger, call 911
- Call centers work with emergency responders to dispatch out into the community





Canadian Mental  
Health Association  
Peel Dufferin  
*Mental health for all*

# Follow us on social media!



@CMHApeeldufferin



Twitter: @CMHAPeelDuff



LinkedIn: @Canadian Mental  
Health Association Peel  
Dufferin



Instagram: @cmhapeeldufferin