

Peel Crisis Resources

911 or Hospital Emergency Room	Closest hospital emergency room	For mental health emergencies (e.g. if an individual cannot keep themselves safe, or has already acted on suicide thoughts)
Peel Crisis Service (Age 16+) 24-Hour, 7 days per week	905-278-9036 Toll Free: 1-888-811-2222	Immediate crisis outreach and support for individuals aged 16+, who are experiencing a mental health crisis . Team made up of mental health workers and plain-clothes police officers trained in mental health crisis intervention. Phone line is answered by a mental health crisis worker 24 hours-a-day, 7 days a week . Mobile visits available.
Peel Children’s Centre Crisis Response Service 0-18 yrs Operates 7am-11pm	416-410-8615 peelcc.org/en/services/family-crisis	Immediate, non-emergency crisis counselling support for youth <i>and</i> caregivers of children up to age 18. Callers are connected to a trained crisis counsellor. Mobile visits available.
Tangerine Walk-In Counselling 9:00am - 8:00pm	Tangerinewalkin.com	Tuesdays - Associated Youth Services of Peel (160 Traders Blvd. East, Suite 100, Mississauga) Wednesdays - Peel Children’s Centre (85A Aventura Court, Mississauga) Thursdays - Rapport Youth & Family Services (71 West Drive, Unit 37, Brampton)
Kids Help Phone 24-Hour, 7 days per week	1-800-668-6868 Or text “CONNECT” to 686868	Bilingual and anonymous phone and text counselling, chat-based web counselling and referral service for children and youth.
Peel CAS (Children’s Aid Society) 24-Hour, 7 days per week	905-363-6131 peelcas.org/aboutus.asp	24/7 service to investigate child welfare concerns (e.g. abuse/neglect); works with families to support safety and well-being.
Assaulted Women’s Helpline 24-Hour, 7 days per week	1-866-863-0511 awhl.org	Provides crisis counselling , emotional support, information and referrals to women in up to 154 languages.
Shelters 24-Hour, 7 days per week	peelregion.ca/housing/shelters/	Crisis shelter and supports for people who are homeless or at risk of homelessness.

WEBSITES:

Can't find what you're looking for?

Visit tinyurl.com/PeelChildYouthResources

www.kidshelpphone.ca - information and support on mental health, emotional wellness, relationships, etc.

www.mindyourmind.ca - support when going through tough times

www.anxietycanada.com - info, videos, strategies to understand & reduce stress/anxiety

www.bigwhitewall.ca - online mental health support community; resources, strategies, information

www.mindcheck.ca - identify mental health distress & offers skills/strategies to cope

APPS:

Virtual Hope Box - Helps with coping, relaxation and positive thinking

MindShift - strategies to cope with anxiety

Stop, Breathe & Think - mindfulness and guided meditation

Breathe2Relax - stress management tool through breathing and relaxation

ZenView - calming pictures and sounds

AimHigh - tips to feel happier

Smiling Mind - mindfulness app

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