

2SLGBTQ+ Students and Families Mental Health Resources

List of supports available to 2SLGBTQ+ students and families

Peel staff can find more information [Here](#)

2SLGBTQ+ Mental Health Resources		
Community Resource	Contact Information	Service Details
CRISIS SUPPORTS		
<p>Canadian Mental Health Association - Peel/Dufferin</p> <p>Peel Children's Centre: Crisis Line peelcc.org/en/services/family-crisis</p>	<p>Call 905-278-9036 or 1-888-811-2222 (Caledon and Dufferin)</p> <p>416-410-8615</p>	<p>Provide Crisis and Resource Support for ages 16+ Available 24/7</p> <p>The Canadian Mental Health Association (CMHA) - Peel/ Dufferin is a safe zone for 2SLGBTQ+ youth and provides crisis support that is free from bias regardless of culture, gender or sexual orientation. CMHA also ensures inclusive hiring practices.</p> <p>Crisis Support provided by mental health workers for children ages (0-18). Parent can call or children over 12.</p>
SUPPORTS Specific to 2SLGBTQ+		
<p>LGBT YouthLine https://www.youthline.ca/</p>	<p>Phone/text: 647 694-4275 Online chat Contact a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM</p>	<p>A province-wide line that would serve rural and remote areas as well to alleviate the loneliness felt by queer youth. Telephone, text and chat services</p>
<p>Youth Beyond Barriers (YBB) through Associated Youth Services of Peel https://www.aysp.ca/programs/youth-beyond-barriers/</p>	<p>Address: 160 Traders Blvd. E. Suite 100 Mississauga, ON L4Z 3K7 AYSP's Youth Specialist: Phone: 905.890.5222 ext 460 Toll free: 1.800.762.8377 Family-based Services: 905.451.4655</p>	<p>Confidential services for youth aged 12-17 who identify as 2SLGBTQ+, through weekly support and education groups, and individual counselling. The YBB Program also offers community capacity building around 2SLGBTQ+ inclusion.</p>
<p>Pflag Peel Region (Parents, Families and Friends of Lesbian and Gays) www.pflagpeelregion.ca</p>	<p>Phone: 1-888-533-6777 ext. 567 Email: peelon@pflagcanada.ca</p>	<p>Group support for parents, friends of 2SLGBTQ+ individuals. Meeting virtually, at this time, the first Tuesday of the month.</p>
<p>QTBIPOC Sauga</p>	<p>Email: QTBIPOCSauga@gmail.com facebook.com/qtbipecsauga/ instagram.com/qtbipecsauga/</p>	<p>QTBIPOC Sauga is grassroots gathering of queer and trans, Black, Indigenous and people of colour in Peel. Available for informal conversations.</p>
<p>Toronto and Beyond: https://www.the519.org/programs</p>		<p>Serving the GTA: provides a comprehensive lists of supports and resources that are friendly for 2SLGBTQ+ identities (Counselling, drop ins, Arts, etc.)</p>

