

South Asian Mental Health Resources

List of supports available to South Asian students and families, including mental health services and supportive programs for a variety of ages

South Asian Mental Health Resources		
Community Resource	Contact Information	Service Details
<p>INDUS community services (formerly India Rainbow) providing culturally appropriate services https://induscs.ca/</p>	<p>Hours of Operation: Monday to Friday – 9:00 AM to 5:30 PM, Email at info@induscs.ca</p> <p>60 Gillingham Dr Unit 500, Brampton, ON L6X 0Z9, (905) 459-4776</p> <p>180-B Sandalwood Pkwy E Suite 3000, Brampton, ON L6Z 1Y4, (905) 840-6666</p> <p>415 Matheson Blvd E, Mississauga, ON L4Z 2H2, (905) 507-6099</p> <p>3038 Hurontario St Suite 206, Mississauga, ON L5B 3B9, (905) 275-2369</p>	<p>Indus Community Services: crisis support, counselling, etc. for youth and adults in the South Asian community.</p> <p>Multi-service agency that provides support and assistance to individuals dealing with challenges related to mental health and addictions.</p> <ul style="list-style-type: none"> - Community Mental Health Support - English Language Training (LINC) - Employment Services - Bridging Program for Human Resources Professionals - Community Connection Program - Adult Day Services - Child, Youth and Parenting - ACES Program for Women (Advocacy, Counselling, Empowerment & Safety)
<p>South Asian Welcome Centre</p>	<p>Crisis Phone: 647-338-1709 (after regular hours) Dr. N. David</p> <p>Office Phone: 905-861-3708 ext 229 * 905-457-5454</p> <p>25 Turtlecreek Blvd. Brampton L6W 3X8:email: sawcentre18@gmail.com Mon-Sat 9am-5pm, by appointment</p>	<p>Focus on the South Asian community but is open to serve all cultures and religions. Offer a wide range of services including: Anger and Abusive Management Counselling, counselling for South Asian Men.</p> <p>Languages include: English, Hindi, Punjabi, Tamil, Urdu</p>
<p>ANBU - Abuse Never Becomes Us - Tamil speaking for the Tamil community http://www.anbu.ca/</p>	<p>Call: 289 801 ANBU (2628)</p>	<p>ANBU is a compassionate non-judgmental space for clients to think and talk about their concerns in a way that they may not be able to do with family or friends. With complete acceptance and unconditional positive regard, we will help clients make the changes they wish for. We cater to clients' needs and journey to wellness.</p>
<p>Council of Agencies Serving South Asians (CASSA) http://cassa.on.ca/</p>	<p>Call: (416) 932 1359, (416) 932 9305</p>	<p>CASSA is an umbrella organization that supports and advocates on behalf of existing as well as emerging South Asian agencies, groups, and communities in order to address their diverse and dynamic needs. Committed to the elimination of all forms of discrimination.</p>
<p>Malton Neighbourhood Services https://www.mnsinfo.org/</p>	<p>Office Hours: Mon-Thu 8:30am-8pm * Fri 8:30am-5pm</p>	<p>Malton Neighbourhood Services offers a variety of counselling and support programs for youth, women</p>

<p>South Asian Senior Women's Group https://peel.cioc.ca/record/CWL0885?Number=19</p>	<p>Phone: 905-677-6270</p> <p>Same as above.</p>	<p>and seniors for various cultural backgrounds, including south asian peoples. Services are conducted in English, Punjabi, Hindi and Urdu.</p> <p>South Asian Senior Women's Group - open to senior women who identify with South Asian cultures. Services conducted in English, Punjabi, Hindi and Urdu. Participants learn about healthy eating and other education and information regarding safety issues and other community concerns.</p>
<p>Naseeha - Mental Health hotline for muslims and non-muslims Naseeha.org</p>	<p>7 DAYS A WEEK (12PM – 9PM EST) Phone: 1866-627-3342 Text: 1866-627-3342 (Mon-Fri Only)</p>	<p>Naseeha is a Mental Health Hotline, answers calls from around the world from Muslim and non-muslims. Naseeha Mental Health has been a great bridge for individuals who are going through life's challenges. Where hope is lost, Naseeha is found. We provide a safe zone for youths and individuals to talk and get the help they need.</p>
<p>PCHS Punjabi Community Health services - serving diverse communities Email: info@pchs4u.com http://pchs4u.com/</p>	<p>Service in Punjabi, Urdu and Hindi</p> <ul style="list-style-type: none"> - For mental health, addictions and seniors services call 905-677-0889 ext. 147 - For settlement services call 905-677-0889 ext. 101 - For LINC classes please call 905-677-0889 ext. 150 - For services for families, children and youth call 905-677-0889 ext. 221 	<p>Multi-service agency that provides support and assistance to individuals dealing with challenges related to mental health and addictions. Services include:</p> <ul style="list-style-type: none"> - Mental Health - Settlement Services - LINC Classes - Senior Services - Families, Children and Youth
<p>SEVA food bank https://www.themississaugafoodbank.org/</p>	<p>3121 Universal Drive Mississauga ON L4X 2E2 905 270 5589 Office Hours: Mon-Thu 9:00am-5pm * Fri 9:00am-1:00pm</p>	<p>The Mississauga Food Bank is the central food bank in Mississauga, provides healthy food from Canada's Food Guide – fruit and vegetables, protein, grains, and dairy products – to provide a balanced diet to food bank users for 7 days each month.</p>
<p>SOCH is a mental health resource for the South Asian Community https://www.sochmentalhealth.com/</p>	<p>Email: info@sochmentalhealth.com Instagram: @soch_mentalhealth Facebook: @sochmentalhealth Youtube: SOCH Mental Health</p>	<p>SOCH is a mental health program that provides the South Asian community with awareness, skills, and knowledge about mental health. SOCH's aim is to first 'start the mental health conversation' to break the stigma in the South Asian community and second, to empower the community with the skills and knowledge to navigate the mental health system, support loved ones, and most importantly, take a preventative approach to caring for one's overall wellbeing.</p>
<p>The Roshni Project - for South Asian Women by South Asian Women https://www.theroshniproject.com/</p>		<p>Offers culturally-informed mental health support and services.</p>

