



## Mental Health and Wellness Resources to Access While at Home

### Children Under 12

- Kids Help Phone at **1-800-668-6868** for free 24-hour confidential support
- [www.kidshelpphone.ca](http://www.kidshelpphone.ca) for live chats with a counsellor (For ages 20 and under)
- Text CONNECT to **686868** All conversations are with a volunteer Crisis Responder and are confidential. Text from anywhere in Canada
- Ways for caregivers to help children with anxiety: <https://copingskillsforkids.com/calming-anxiety/>
- Interactive games for kids to understand feelings: <https://pbskids.org/games/feelings/>
- Activities to help children build self-esteem: <https://www.kidsplayandcreate.com/self-esteem-character-building-activities-for-kids/>

### Teens

- Peel Crisis Capacity Network **905 273-4900**  
Provides crisis response services within 24 hours to individuals with a developmental disability (including dual diagnosis) who are 11 years of age or older
- <https://www.connexontario.ca/> to chat, email or find local resources for suicide prevention, addiction, mental health, and problem gambling, etc or call **1-866-531-2600** (ALL AGES)
- Aged 14-29, mental health and wellness, interactive tools, strategies, available in different languages: <https://mindyourmind.ca/>
- Information about body image and self-esteem: <https://kidshealth.org/en/teens/body-image.html>
- TeenLine: Confidential hotline for teenagers for mental health, **1-310-855-HOPE** or **text TEEN to 839863**
- Teens helping Teens, peer support for various topics: <https://teenlineonline.org/>
- List of online mental and physical health resources for LGBTQ youth: <https://www.cdc.gov/lgbthealth/youth-resources.htm>
- LGBT Youthline: Confidential and non-judgemental peer support, Sunday to Friday, 4:00PM to 9:30 PM, call **1-800-268-9688**, or **text 647-694-4275**, or chat [www.youthline.ca](http://www.youthline.ca)

- Guides and information for teens about emotional and physical health: for girls: <http://www.youngwomenshealth.org/> and for boys: <http://www.youngmenshealthsite.org/>
- Good2Talk: Free, professional and confidential counselling support for post-secondary students in Ontario, **1-866-925-5454**
- Naseeha Youth Helpline: Peer support for Muslim youth, **1-866-627-3342**
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### Adult/All ages

- Crisis Services Canada toll-free **1-833-456-4566** or text **45645**
- Contact Centre Telecare Peel **905-459-7777**  
(Languages: English, Punjabi, Hindi, Urdu, Spanish, Portuguese)
- Distress Centre Peel **905-278-7208**
- Mobile Crisis of Peel **905-278-9036**, (Mississauga, Brampton, Caledon)
- Mobile Crisis- Credit Valley Hospital **905-813-4141**. Hours: Monday-Friday, 9:00 a.m. to 11:00 p.m. and Saturday, Sunday and Statutory holidays, 11:00 a.m. to 11:00 p.m
- Indigenous women's support and resources: Toll free (call or text)- **1-855-554-4325**, online chat: <http://www.talk4healing.com/live-chat/>
- First Nations and Inuit Hope for Wellness Help Line: Immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut, **1-855-242-3310**
- Telehealth Ontario: Free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse, **1-866-797-0000**
- Youth/young adult online chat (under 30) to provide emotional and crisis support from 6pm-12am: <https://youthspace.ca/about-us/>
- Free webinar-*Crisis or Opportunity?* Understanding what children are trying to communicate to help them reduce their anxiety: <https://www.safeguards-training.net/course/crisis-or-opportunity/>
- Phone consultations with Ontario doctors, covered by OHIP, all ages: <https://dialadoc.ca/>
- Access mental health services for children and youth in Peel: <https://wheretostart.ca/>
- Information and directory for mental health services and disorders: <https://www.ementalhealth.ca/>
- Holistic crisis planning for families: <https://www.porticonetwork.ca/tools/toolkits/hcp-toolkit/hcp-principles>
- Punjabi Community and Health Services: Mental health and addictions call **905-677-0889 ext. 147**, Services for families, children and youth call **905-677-0889 ext. 221**, <http://pchs4u.com/>
- Indus Community Services: crisis support, counselling, etc. for youth and adults in the South Asian community, email at [info@induscs.ca](mailto:info@induscs.ca) or call **905-275-2369**, <https://induscs.ca/>

### **COVID 19 Specific related resources:**

- Talking to your kids about COVID 19: [https://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-talking\\_to\\_kids-pdf.pdf](https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf) or [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- COVID 19 and mental health information: <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Peel District School Board COVID 19 info: <http://www.peelschools.org/parents/student-health/coronavirus/Pages/default.aspx>
- How to talk to your anxious child about COVID 19: <https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19>
- Children's book about COVID 19 (available in several different languages): <https://www.mindheart.co/descargables>
- Tips to manage mental health during COVID 19: <http://cmhaww.ca/tips-on-how-to-manage-your-mental-health-during-covid-19/>

### **Free APPS from Google Play Store:**

- Happify- activities and games to help overcome negative thoughts and stress (teens and older)
- Suicide prevention and awareness-access support and info: <https://thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app/>
- List of child friendly apps to help with anxiety: <https://www.anxiety.org/gift-apps-children-anxiety>
- Breathe2relax-stress management tool to help learn diaphragmatic breathing (all ages)
- Sanvello- for stress, anxiety and depression management using CBT techniques (teen and older)
- What's Up (not to be confused with Whatsapp)- RED ICON with a black hand, uses CBT methods to help cope with depression, anxiety, anger, stress, etc. (teens and older)
- Mindshift CBT-Anxiety Canada-Mindfulness, mood tracking, manage anxiety, thought journal, coping cards, etc (teens and adults)
- Virtual Hope Box- promotes coping, positive thinking, relaxation and distraction. All ages.
- My3-Support Network- stay connected to your network when in times of crisis. All ages.