

RECREATION YOUTH RESOURCES

Mental Health Supports

Associated Youth Services Peel (AYSP)

aysp.ca | 905-890-5222

AYSP improves the lives of children and youth dealing with mental health or justice issues by providing effective, quality and high-impact programs. AYSPE offers office-based, outreach and virtual counselling programs for youth, ages 12-17, and at times their caregivers. Programs focus on managing mental health issues; school employment issues; housing and connection to services, including transitions to adult services; and support for youth who identify as 2SLGBTQ+.

Brampton Multicultural Community Centre

bmccentre.org | 905-790-8482

A non-profit dedicated to enhancing newcomer community engagement and works with newcomers to facilitate their settlement and integration into Canada. In addition, the centre provides crisis counselling to support and guide individuals or families to achieve stability and become empowered.

Crisis counsellors can help with:

- Community resources such as a lack of housing, food resources or crime protection
- Newcomers facing challenges adapting
- Death of a loved one or birth of a child
- Bullying
- Suicide
- Drug abuse and addiction

Black Youth Helpline

blackyouth.ca | (TF) 1-833-294-8650 or 416-285-9944

Black Youth Helpline responds to the need for a Black youth specific service, positioned to promote access to professional, culturally appropriate support for youth, families and schools. The initiative helps prevent social, emotional and psychological breakdown and ultimately violence and crime in the youth population; ensures access to needed professional assessment and helps maintain youth in the regular school system. Services Include:

- Stay-in-school initiatives
- Parent and family support

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BounceBack Ontario

bouncebackontario.ca | 1-866-345-0224

The BounceBack team includes registered clinical psychologists, administrative staff, and over 60 coaches who offer telephone support in over 15 different languages. This program is designed to help adults and youth 15 years of age and older manage low mood, mild to moderate depression and anxiety.

Canadian Mental Health Association Peel Dufferin

<https://cmhapeeldufferin.ca/> | 905-451-2123 or 1-877-451-2123

IN CRISIS? 24/7 Crisis Support Peel Dufferin | 905-278-9036

CMHA Peel champions good mental health for everyone and supports the full participation of those with mental illness and addictions in the life of the community. The programs focus on helping individuals recover from mental illness, build resiliency and get stronger.

Crisis Services Canada

[Crisis Services Canada](https://crisis-services.ca) | 1-833-456-4566

Crisis and emotional distress services are available via hotline, chat and text. Support is offered in seven languages with programs that are offered in-person and virtually. Programs range from traumatic loss counselling for those who have lost a loved one to suicide, to the touching base and senior support program for vulnerable seniors and youth to combat isolation.

Centre for Grief and Healing

bereavedfamilies.ca | 905-848-4337

Trained grief facilitators and professional staff and students work together to create a safe, caring, and non-judgmental space that empowers participants through their grieving journey. Services Include:

- Child loss support group
- Partner loss group
- Parent and guardian support group
- Sibling loss support group

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Child Development Institute

childdevelop.ca | 416-603-1827

Child Development Institute (CDI), offers evidence-based programs for children ages 0 to 12 and youth ages 13 to 18, and their families across four streams: early intervention services, family violence services, the integra learning disabilities and mental health, and healthy child development.

Elizabeth Fry Society of Peel-Halton

efrypeelhalton.ca | 905-459-1315

A 24/7 response and care to women and girls between the ages of 12 to 24 from crisis to stabilization. Elizabeth Fry provides programs such as court support services for youth, attendance centres that help empower young women, reintegration programs and so much more.

Every Mind Mental Health Services

everymind.ca | 905-795-3500 or 905-278-9036

Every Mind has inspired hope by leading in the delivery of high quality mental health services for infants, children, youth, young adults (up to age 25) and families in the Region of Peel. Some services include:

- Girl's Circle: for girls ages 14 to 17 to learn self-acceptance and build healthy relationships
- First Contact: for youth ages 14 to 18 to increase awareness of substance use and its impacts
- Boys Council: for young boys to discuss things specific to growing up and being a male in society

Indigenous Hope for Wellness

hopeforwellness.ca | 1-855-242-3310

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Telephone support is also available upon request in: Cree; Ojibway (Anishinaabemowin); Inuktitut. Counsellors are available to help youth who are experiencing challenges and complex issues, distress and who are looking for other wellness supports.

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Indus Community Services

induscs.ca | 905-459-4776

Counselling support, including development of crisis and safety planning, to individuals and family members. Assistance with referrals to emergency shelters. The services are free of charge and are offered in Hindi, Punjabi, Tamil, Urdu, Bengali, Gujarati, Arabic, and more.

Kids Help Phone

kidshelpphone.ca | 1-800-668-6868 or text CONNECT to 686868

Kids Help Phone is a telephone counselling service that provides free accessible support to young people. Kids Help Phone supports First Nations, Inuit and Metis youth; newcomer youth and BIPOC youth by creating innovative supports for the critical and complex issues young people face.

LGBT Youth Line

youthline.ca | 1-800-268-9688 or text 647-694-4275

At Youth Line, youth speak with peers who can relate and have been trained in active listening and relevant knowledge to support youth struggling with their sexuality. Services are confidential and anonymous. Some common conversations that people have with youth line include:

- Mental health
- Questioning gender identity and or sexual orientation
- Seeking referrals to resources and supports online and in your community
- Relationships with friends, partners and family

Mind Your Mind

mindyourmind.ca | Resource Directory

Mind Your Mind exists in the space where mental health, wellness, engagement and technology meet for youth aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience. This resource shares knowledge about transitioning, skill building, self care and body positivity.

Tangerine Walk-In Counselling

tangerinewalkin.com | 905-795-3530

Tangerine is a free service provided by EveryMind for children, youth and families in the Peel Region that offers 45-minute brief consultations Monday through Friday.

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Wellfort Community Health Services

wellfort.ca | 905-451-6959

Mental health professionals offer counselling support to registered clients for support with mental health conditions, relationship issues, challenges with sleep, substance use, depression, grief and trauma and other personal challenges. As a client, you will be listened to, respected in the goals you set for counselling, and helped in finding ways to cope with life difficulties. Our counselling services offer individual sessions and group programming.