

**Mental Health
Services**

*This is not a comprehensive list of all mental health services in Niagara.

COAST Crisis Outreach and Support Team	1-866-550-5205- Press 1 COAST provides services to people who are in crisis, having suicidal thoughts and/or have a mental health concern
Distress Centre	24/hr crisis support lines For text crisis support, please text from your mobile phone to: 905-682-2719 Phone calls: St. Catharines, Niagara Falls And Area – 905-688-3711 Port Colborne, Wainfleet and Area – 905-734-1212 Fort Erie and Area – 905-382-0689 Grimsby, West Lincoln – 905-563-6674
24hr text/call Support Lines	• 9-8-8 (Call or Text) https://988.ca/ • COAST 1-866-550-5205 • Distress Centre https://distresscentreniagara.com/ For text crisis support 905-682-2719

ACCESS LINE	1-866-550-5205- Press 2 ACCESS line matches you with free mental health & addiction services across Niagara
CONTACT Niagara Children/Youth Under 18	All mental health referrals for youth under 18 should be sent to CONTACT Niagara 905-684-3407 <i>Also clients can self refer for an intake</i>
CMHA Single Session Immediate access to same day single-session counselling 905-641-5222 Call in the morning to book an in-person, video, or telephone appointment. Appointments: Monday – Friday between 8:30 a.m. and 5:30 p.m.	CMHA Urgent Support Services Monday-Friday 11:30am-5:30pm 905-641-5222
	264 Welland Avenue, Suite 103, St. Catharines 6760 Morrison Street, Niagara Falls
	Family Counselling Centre walk-in Clinic Immediate access to individual, couples and family counselling (905) 937-7731 Tuesdays 3-6pm
	Location: Heart Niagara 4635B Queen St., Niagara Falls

Bounce Back	https://bouncebackontario.ca/ A free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos
Ontario Abiliti CBT	https://ontario.abiliticbt.com/home
Ontario Structured Psychotherapy West Region	https://www.ospwest.ca/ Self-referral Ontario Structured Psychotherapy (OSP) offers free, time-limited, evidence-based cognitive behavioural therapy (CBT) for adults 18 and older living in Ontario who have depression, anxiety or anxiety-related concerns. Read on for more information or view our brochure .
Togetherall	https://togetherall.com/en-ca/ Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing.
IG Vital Health	https://igvitalhealth.com/#about-section IG Vital Health offer psychotherapy and related services to those going through Immigration and Refugee Law, H&C, PRRA, Family Law, Employment Law, Human Rights, Criminal Law, other legal processes and applications, and private clients.

Substance Use	CASON –Community Addictions Services of Niagara Drug, Alcohol and Gambling/gaming Support Services	call (905) 684-1183 or call the Mental Health Access Line - 1-866-550-5205
	RAAM –Rapid Access to Addictions Medicine Assessments and treatment for substance use problems including alcohol, opioids, cocaine, benzodiazepines, and cannabis. Treatment or referrals for any co-occurring psychiatric problem provided as necessary	To refer use Niagara Health's - Adult Outpatient Referral Form Mental Health and Addictions https://www.niagarahealth.on.ca/site/addictionrecoveryservices
	Withdrawal Management -The centres provide crisis intervention, withdrawal management, rest, nutrition and hygiene restarts, assessments, supportive counselling and self help groups, consultation, treatment referrals and discharge	Open 24 hours a day, seven days a week. No referral is needed. Inpatient and outpatient support is available. 264 Welland Ave. St. Catharines 905-682-7211

	planning in a supportive, supervised setting for alcohol and other drug issues.	https://www.niagararegion.ca/living/health_wellness/alc-sub-abuse/drugs/services.aspx
Overall Mental Health Issues	Niagara Health (hospital)- Adult Group Therapy Groups are available within the following care pathways (Depression; Anxiety; Emotional Dysregulation/Borderline Personality; Bipolar Disorder; Psychosis/Schizophrenia; ADHD; Pain Control and Wellness).	To refer use Niagara Health's - Adult Outpatient Referral Form Mental Health and Addictions https://www.niagarahealth.on.ca/site/adultoutpatient
	Niagara Region DBT Group Dialectical Behaviour Therapy is a service that involves weekly group and individual therapy.	Must self-refer by calling 905-688-2854 ext. 7262
	CMHA Case Management and Groups	Call CMHA's Main office 905-641-5222 or the Mental Health Access Line 1-866-550-5205
	ATTCH – Attachment and Trauma Treatment Centre for Healing (fee for service - sliding scale)	Patient may request an intake package by email reception@attch.org or by phone (905) 684-9333

Post Partum Depression	Sunnybrook Pregnancy & Infant Loss Network	Free peer-lead support service, self-referral Pailnetwork.ca 1-888-303-7245
Post Partum Depression	 Niagara Parents Post-Partum Depression Group Overall parenting support	Self referral – Contact a public health nurse 905-684-7555 ext. 7555 Or 1-888-505-6074 ext. 7555 Parents@niagararegion.ca https://niagararegion.ca/parents/contact.aspx
OCD	St. Joe's – Anxiety treatment & research clinic	To refer use St.Joe's Connect Referral Form https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs
	Niagara Region Case Management	To refer use the Niagara Region Mental Health Referral Form

Disordered Eating	Niagara Eating Disorder Outpatient Program through Niagara Health (hospitals) NEDOP	Phone: (905) 378-4647 ext. 32532 Fax: (905) 834-3002 To refer use the NEDOP Intake form available online https://www.niagarahealth.on.ca/site/eating-disorder-program
Psychosis	Niagara Region Mental Health -Case Management -ACTT -Early Psychosis Intervention	To refer use Niagara Region Mental Health Referral Form or Call 905-688-2854, ext. 7262
	Niagara Health Inpatient (hospital)	Patients with acute psychosis may require inpatient care at Hospital. Most admissions occur through the Emergency Department.
Sexual Assault, Childhood Abuse or Incest	Niagara Region Sexual Assault Centre, CARSA Support and emergency services to sexual assault survivors and their families.	Call 905-682-4584 24/hr support line
	Niagara Health System - Sexual Assault / Domestic Violence Treatment Program (SADVTP)	Emergency treatment for recent episodes of intimate partner abuse or sexual assault within 3 years. Phone : 905-378-4647 ext 45300/45301
History of Domestic Violence/ intimate partner abuse	Design for a New Tomorrow Long term counselling, no fee, no OHIP card	Self-referral and referral from primary care provider accepted Phone: 905-684-1223 Fax: 905-684-8067
	Family Counselling Centre of Niagara Individual/family counselling and groups for women and their children who have experienced abuse.	Phone : 905-937-7731 Fax: 905-641-9892
Current situation of domestic violence	Birchway Safe Shelter, 24/hr support line, counselling and safety planning	Niagara South (Niagara Falls, Welland, Fort Erie, Port Colborne) Call/Text: 905-356-5800
	Gillian's Place (Niagara North) Safe Shelter, 24/hr support line, counselling and safety planning	Niagara North (St. Catharines, Thorold, Grimsby) call or text 905-684-8331
Trauma	Niagara Region – Hope Recovered Group For individuals with PTSD or Trauma symptoms	Patient must self-refer by calling 905-688-2854 ext. 7262

	Niagara Health - Adult Group Therapy Group for Emotional Dysregulation	To refer use Niagara Health's - Adult Outpatient Referral Form Mental Health and Addictions
	ATTCH – Attachment and Trauma Treatment Centre for Healing (fee for service - sliding scale)	Patient may request an intake package by email reception@attch.org or by phone (905) 684-9333
	Niagara Stress & Trauma (fee for service)	Phone: 905-687-6866 fax: 905-687-6865

Brain Injury	Brain Injury Community Re-entry (BICR) -Education and workplace training -counselling services -recreation	Phone: 905-687-6788 Fax: 905-641-2785 Patient can self refer online: https://www.bicr.org/services/eligibility/application.shtml
Seniors With difficulty leaving the home and/or cognitive impairments	Niagara Region Geriatric Mental Health Program	To refer use Niagara Region Mental Health Referral Form or Call 905-688-2854, ext. 7262
	Niagara Region Seniors Community Programs Outreach Services	Patient can call 905-984-2621
	Niagara Seniors Mental Health Outreach Program St.Joe's Healthcare assessment & treatment of complex mental health, addiction, and behavioural issues * outreach to seniors in the community/ long-term care home	Phone: 905-704-4068 Fax: 905-704-4072 To refer use the St.Joe's Niagara Seniors Mental Health Outreach Program Referral form https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/seniors-mental-health-behavioural-program/niagara-pdf
	Alzheimer's Society of Niagara	905-687-3914 To refer https://alzheimer.ca/en/niagara/We-can-help/Get-connected/Referral-form Patients may also self-refer online https://alzheimer.ca/en/niagara/We-can-help/Get-connected/referral-form-0

Cancer/Palliative	Wellspring (cancer) Individual and group support for mental and physical wellbeing during and while recovering from cancer	Patient may call 905-684-7619
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	Hospice Niagara Shared Palliative Care Team Comprehensive care in the home. Medical, Psycho-Spiritual and case management supports. Day Hospice bi-weekly opportunity for people living with a life-limiting progressive illness to enjoy a day of relaxation and caring companionship. Social sharing, lunch and free comfort care therapies and aesthetic services.	Primary Care referral require for Shared Palliative Care Team. Tel: (905) 984-8766 Fax: 905-984-8242 Niagara North Day Hospice (St.Catharines) contact The Stabler Centre at 905-984-8766 Niagara South Day Hospice (Welland) Call Client Services Coordinator (Susan) 905-735-1701
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<i>Grief</i>	Hospice Niagara Grief Support	Patients may self refer by calling Melissa Penner, Bereavement Advisor at 905-984-8766 ext. 233
<i>Infant loss</i>	Sunnybrook Pregnancy & Infant Loss Network	Free peer-lead support service, self-referral Pailnetwork.ca 1-888-303-7245
<i>Caregiving Support</i>	Hospice Niagara Education for the Caregiver	https://www.hospiceniagara.ca/education-for-the-caregiver Complete program referral form. Call 905-984-8766