

Kitchener-Waterloo Mental Health Resources

Crisis Lines and Support:

Addictions, Mental Health and Crisis Services: HERE 24-7

(Suicide prevention, domestic violence, sexual abuse hotline, substance abuse counselling)

www.here247.ca

1-844-HERE247 (1-844-437-3247)

Post-secondary Student helpline:

[Good2Talk](http://Good2Talk.ca)

1-866-925-5454

[Kids Help Phone](http://KidsHelpPhone.ca):

1-800-668-6868

or text "CONNECT" to 686868

Emergency Shelters:

[House of Friendship](http://HouseofFriendship.ca) (men): 519-742-8327

[Anselma House](http://AnselmaHouse.ca) (women and children): 519-741-9184

[Mary's Place](http://MarysPlace.ca) (women and children): 519-744-0120

[OneROOF](http://OneROOF.ca) (youth 12-25 years old): 519-742-2788

[safeHaven](http://safeHaven.ca) (youth 12-18 years old): 519-749-1450

Support for Kids:

Child Abuse Hotline:

[Family and Children's Services of Waterloo Region](http://FamilyandChildrensServicesofWaterlooRegion.ca)

519-576-0540

Children's Mental Health Support:

[Front Door](http://FrontDoor.ca) (Carizon and Lutherwood)

519-749-2932

Adult Supports and Services:

[Sexual Assault Support Centre of Waterloo Region:](#)

519-741-8633 (24 hour support hotline)

[Canadian Mental Health Association \(Waterloo Wellington\)](#)

519-744-7645

Hazelglen-Outreach Mental Health Program

519-749-4213

[BounceBack](#)

Support for those (15 years and older) experiencing low mood, depression and anxiety

Provides free telephone coaching sessions

1-866-345-0224

[Alcoholics Anonymous](#)

See link for a list of meetings across the region

519-742-6183 (24 hour support hotline)

[Hope for Wellness](#)

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada

1-855-242-3310 (24 hour support hotline)

Celebrate Recovery

A Christ centered 12 Step Program designed to help us overcome any hurt, hang-up & habit

[Creekside Location](#) - Friday evenings 6-10pm (dinner included)

[Lincoln Road Location](#) - Thursday evenings 7-10pm

Counselling Support:

Walk-in Counselling:

[Carizon](#) (400 Queen St S, Kitchener)

Tuesdays 12-6pm

Sliding fee scale based on household income - no one is turned away due to an inability to pay

[KW Counselling](#) (480 Charles St E, Kitchener)

Thursdays 12-6pm

Sliding fee scale based on household income - no one is turned away due to an inability to pay

[Front door](#) (Services available for children, youth and parents/caregivers of children under 18)

See website for days and locations

Free single sessions available on a walk-in basis

Counselling Agencies providing sliding fee scales or reduced rates:

[Shalom Counselling Services](#)

[Carizon](#)

[KW Counselling](#)

[The Delton Glebe Counselling Centre](#)

[Interfaith Counselling Centre](#)

[Counselling Works](#)

A collaborative program offering counselling sessions to those who are receiving support through Ontario Works or Ontario Disability Support Program

For an additional list of individual counsellors recommended by the Pastoral Care Team, please contact Melissa (melissa.burke@elevationwaterloo.org)