



Mental Health Support Services

Emergency Services – Police/Ambulance 911

If your child or teen says they cannot stop thinking about suicide and has an imminent plan to hurt themselves, call 911 or go to your local hospital emergency room immediately.

Windsor Regional Hospital – Met Campus

1995 Lens Ave. Windsor
Emergency Room, up to age 16

Windsor Regional Hospital – Ouellette Campus

1030 Ouellette Ave. Windsor
Emergency Room – Ages 16 +

Erie Shores Health Care

194 Talbot St. West, Leamington
Emergency Room- All ages

Walk-In Mental Health Support

Crisis and Mental Wellness Centre

Address: 744 Ouellette Ave. Windsor
Ages: 16 and up
Hours: 8:00 am to 8:00 pm daily (7 days/week)
**Non-crisis mental health and substance use services.*

Mental Health and Addictions Crisis Urgent Care Centre (MHAUCC)

Address: 1400 Windsor Ave. Windsor
Ages: 16 and up
Hours:
Monday – 11:30 am – 7:30 pm
Tuesday – 8:30 am – 4:30 pm
Wednesday – 11:30 am – 7:30 pm
Thursday – 11:30 am – 7:30 pm
Friday – 8:30 am – 4:30 pm
**THE MHAUCC is a central access point for adults or youth aged 16 years or older who cannot safely wait for community mental health and addiction support. The service is intended for those experiencing a mental health or addictions crisis or who are having an acute and serious need who are at risk of worsening mental health condition that may require hospitalization.*

Hotel-Dieu Grace Healthcare (HDGH) – Regional Children’s Centre

Call for an appointment: 519-257-5437 (519-257-KIDS)
Ages 6 to 17
Hours:
Monday – Thursday – 8:00 am – 8:00 pm
Friday – 8:00 am – 4:30 pm
Ages: up to the age of 18
**As a result of COVID-19 and to ensure the safety of clients and staff the HDGH Regional Children’s Centre Counselling Clinic is available by calling 519.257.5437 (KIDS) and booking your appointment. The RCC Counselling Clinic provides quick, confidential access to mental health services for children, youth and their families/guardians*

Phone Mental Health Support

Kids Help Phone

You can chat with a trained, volunteer crisis responder for support any time, about anything.

Phone: 1-800-668-6868

OR use the Always There app

OR text CONNECT to 686868

Hours: 24 hour crisis line

Ages: Up to the age of 29

<https://kidshelpphone.ca/>

Community Crisis Centre

Phone: 519-973-4435

Hours: 24 hour crisis line

Ages: 16+

Windsor-Essex Counselling Support Line

Phone: 519-946-3277 or 1-877-451-1055

Hours: 24 hour support line (mild to moderate distress)

Ages: 18+

LGBT Youth Line

Phone: Text 647-694-4275

Email: askus@youthline.ca

Live Chat: www.youthline.ca

Hours: 4 pm to 9:30 pm Sunday to Friday

At Youth Line, all volunteers are trained peer supporters ages 16 to 29 with a diversity in 2SLGBTQ + identities and lived experiences.

Hope for Wellness

Phone: 1-855-242-3310 or connect to the online chat at www.hopeforwellness.ca

Hours: 24 hour support line

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention.

Black Youth Helpline

Phone: 416-285-9944

Toll Free: 1-833-294-8650

Email: info@blackyouth.ca

Hours: 9 am to 10 pm daily

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.

Mental Health Resources

Bounce Back

www.bouncebackontario.ca

Bounce Back is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is 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, you will get access to tools that will support you on your path to mental wellness.

Anxiety Canada

www.anxietycanada.com

Access interactive anxiety tools and resources for children, youth and adults:

- Information to help youth manage anxiety plus info and self-help strategies for several disorders
- Practical strategies and tools to help you manage your child's anxiety
- Coping with COVID-19 resources

Ministry of Ontario Mental Health Services During COVID-19

<https://www.ontario.ca/page/covid-19-support-people#section-4>

Mental Health, Wellness, and Addiction Support

- Find public mental health and addictions programs
- Connect with peers for support
- Access self-led telephone or online therapy for stress, anxiety, and depression
- Find culturally appropriate support for Indigenous people

Jack.org

www.jack.org

Jack.org is Canada's only charity training and empowering young leaders to revolutionize mental health in every province and territory. Through [Do Something](#), [Jack Talks](#), [Jack Chapters](#), and [Jack Summits](#), young leaders identify and dismantle barriers to positive mental health in their communities. And through ambitious innovations in youth mental health like [Be There](#), we give people the mental health resources they need to educate themselves.