

# Mental Health, Community & Emergency Resources

To check your eligibility for mental health and support services with the CARE program, please visit <https://achev.ca/service/care/>





# Emergency & Crisis Services (24/7)

(Use first in urgent or life-threatening situations)

## Emergency Services (Police / Fire / Ambulance)

- Call 911
- For immediate danger or medical emergencies.

## 24.7 Crisis Support Peel Dufferin

- Call 905-278-9036 | 1-888-811-2222
- Community-based mental health crisis support, mobile outreach available.
- Serves youth, adults, and families in Peel.
- <https://cmhapeeldufferin.ca/programs/24-7-crisis-support-peel/>

## 9-8-8 Suicide Crisis Helpline (Canada)

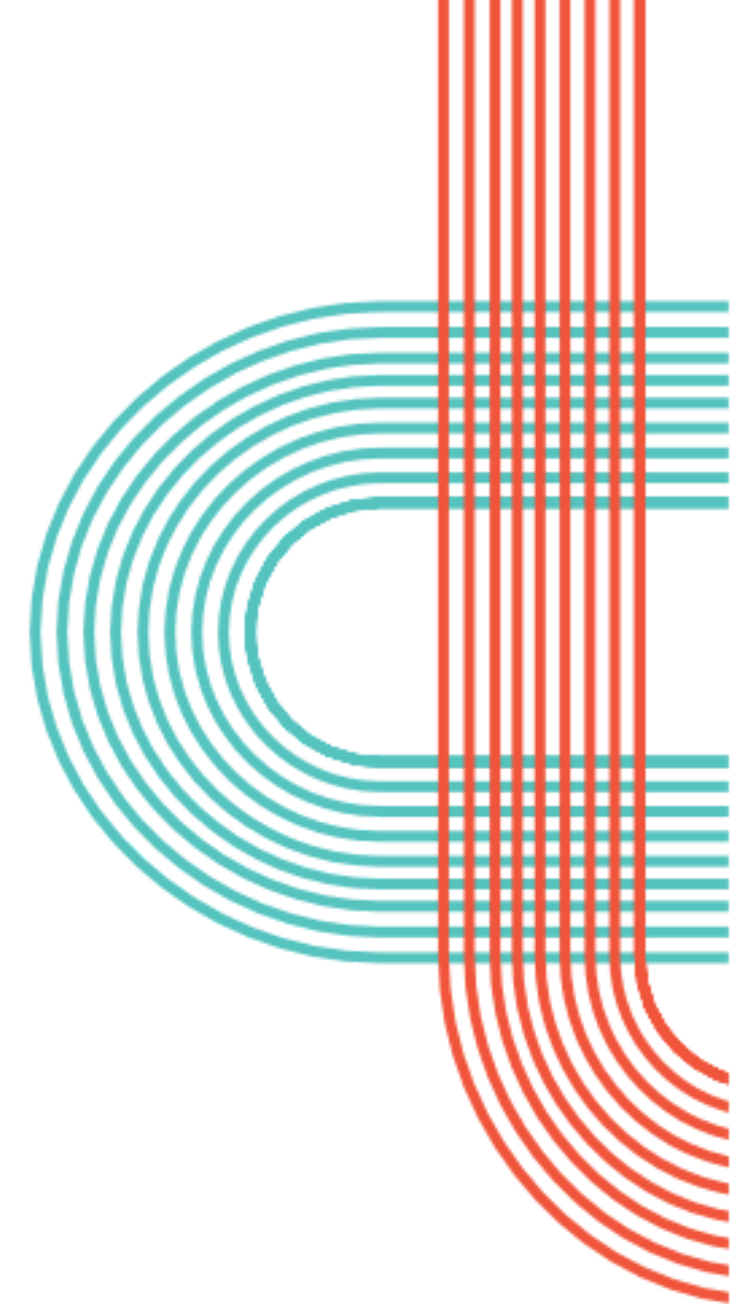
- Call or Text 988
- Free, confidential, 24/7 support nationwide.
- <https://988.ca>

## Kids Help Phone (Youth & Young Adults)

- Call 1-800-668-6868 | Text CONNECT to 686868
- <https://kidshelpphone.ca>

## Hope for Wellness – Indigenous Crisis Line

- Call 1-855-242-3310 | Live chat available
- <https://www.hopeforwellness.ca>



## Navigation & Regional Resource Hubs

### 211 Peel – Community Services Directory

- A searchable directory of mental health, crisis, housing, food, employment, and social supports.
- <https://peel.search211.ca/>
- Call 211 to speak with a navigator

### ConnexOntario (Peel-Specific Listings)

- Mental health & addiction system navigation (24/7).
- Call 1-866-531-2600 | Text CONNEX to 247247
- <https://connexontario.ca/peel-mental-health-services/>

### Region of Peel – Health & Well-Being Resources

- Public health, mental health, harm reduction, and community well-being programs.
- <https://www.peelregion.ca/health>

## Adult Mental Health & Counselling

### Canadian Mental Health Association (CMHA) Peel Dufferin

- Free counselling, crisis services, case management, and addictions support.
- Call 905-451-2123
- <https://cmhapeeldufferin.ca/>

### CMHA Peel Dufferin – Brief Mental Health Counselling

- Short-term counselling at no cost.
- <https://cmhapeeldufferin.ca/programs-services/>

# Children, Youth & Family Mental Health

## EveryMind Mental Health Services (Lead child & youth agency for Peel)

- Mental health services for infants, children, youth, young adults, and families.
- Call 905-795-3500
- <https://everymind.ca/>

## WhereToStart.ca – Youth Mental Health Intake (under 18)

- Central access point for free services for children and youth in Peel.
- Call 905-451-4655
- <https://wheretostart.ca/>

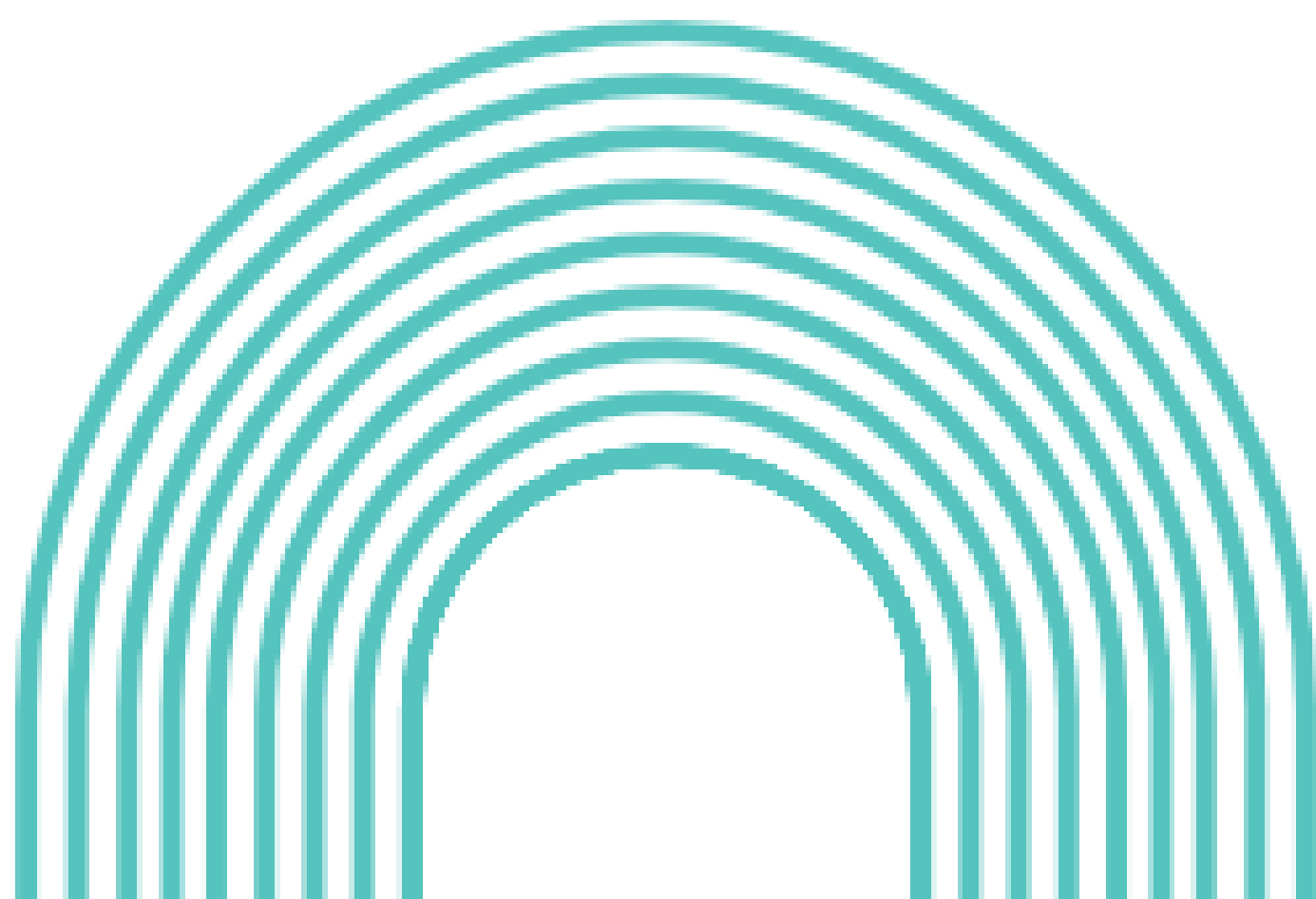
## Associated Youth Services of Peel (AYSP)

- Youth mental health, family supports, youth justice services.
- Call 1-800-762-8377
- <https://aysp.ca/>

# Walk-In & Short-Term Counselling

## Tangerine Single Session Counselling (Peel locations)

- Free walk-in counselling for individuals, youth, and families.
- <https://tangerinewalkin.com>





# Culturally-Specific & Community Supports

## **ACHÈV**

- Settlement, employment, newcomer, women's, and youth services.
- <https://achev.ca/>

## **Across Boundaries – Racialized communities**

- <https://acrossboundaries.ca>

## **African Community Services of Peel (ACSP)**

- <https://africancommunityservices.org>

## **Brampton Multicultural Community Centre (BMCC)**

- <https://www.bmccentre.org/>

## **Indigenous Network (Peel)**

- <https://theindigenousnetwork.com>

# Hospitals – Peel Region

(For emergency and urgent mental health care)

**Brampton Civic Hospital**

**Credit Valley Hospital (Mississauga)**

**Mississauga Hospital**