

## Key Mental Health Resources in Our Community

(listing updated May 2021)

Organization & Website Link	Description	Notes
<p><b>The <a href="#">BHive</a></b> (Big Brothers Big Sisters CW).</p> <p>Open and following all covid-19 public health guidelines.</p> <p>Facebook: Big Brothers Big Sister of Centre Wellington</p> <p>Location: 900 Tower St. S, (within the Skyline Community hub located in the Giant Tiger plaza)</p>	<p>A space for youth, by youth in the community, to come together and enjoy programs and services that will build their social emotional competence, mental health and well being and educational engagement and employment readiness.</p>	<p>Check the website for more info about:</p> <ul style="list-style-type: none"> <li>• Programs &amp; Activities</li> <li>• Youth Action Committee</li> <li>• Go Girls!</li> <li>• Game On</li> <li>• Site Based Mentoring (not active during covid)</li> <li>• BTogether Talk Series</li> <li>• Adulting 101</li> <li>• Upcoming Webinars</li> <li>• Video Recordings of sessions</li> </ul>
<p><b><a href="#">Integrated Youth Services Network</a></b> (IYSN)</p> <p>Location: 900 Tower St. S, (within the Skyline Community hub located in the Giant Tiger plaza)</p> <p>A grassroots community initiative, led by the Rotary Club of Guelph, to bring an integrated youth services model to Wellington County and the city of Guelph.</p>	<p>The CW site is set to open in June 2021 in the Skyline Community Hub location.</p> <p>For Youth ages 12 – 26</p> <p>Youth centres will be accessible to all.</p> <p>At each site, our youth will be given access to programs and services that provide guidance and support for the future. From education and career support, to counselling and peer-to-peer programs, our facilities will provide help and encouragement to every youth in the community.</p>	<p>IYSN website - <a href="#">Resources</a> page</p> <p>News Article May 19<sup>th</sup> 2021: <a href="#">link</a></p>

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	<p>Sites will be able to assess the needs of youth and technology will be used so that access to the right services is available no matter where they are. Virtual counselling will be available when professionals are off-site, eliminating wait times for programs and support.</p>	
<p><a href="#">Skyline Community Hub</a></p> <p>Location: 900 Tower St. S (in the Giant Tiger plaza)</p>	<ul style="list-style-type: none"> <li>• A space for a network of like-minded service providers to work together with shared resources to enhance the community of Centre Wellington.</li> <li>• A space that offsets the high costs community organizations face when renting retail space. Skyline generously provides community organizations with subsidized rent in an effort to reduce their operating costs. The rent subsidy should allow these organizations to put more of the money they raise towards the services and programs that they offer to the community.</li> </ul>	<p>Some of the organizations located in the Hub</p> <ul style="list-style-type: none"> <li>• Integrated Youth Services Network</li> <li>• Canadian Mental Health Association W-W</li> <li>• Big Brothers Big Sisters W-W BHive</li> <li>• Family Counselling and Support Services for Guelph &amp; Wellington</li> </ul>
<p><a href="#">BounceBack</a> homepage</p> <p><a href="#">BounceBack Youth 15-18</a></p> <p><a href="#">BounceBack Adults 19+</a></p>	<p>An expansion of online and virtual mental health supports, including BounceBack, to help Ontarians navigating the difficult realities in the wake of COVID-19.</p>	<ul style="list-style-type: none"> <li>• <b>BounceBack for youth 15-18 handout</b></li> <li>• <b>BounceBack study stress handout for students</b></li> <li>• <b>BounceBack student tip sheet for COVID-19</b></li> </ul>

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<p><i>services are provided under the Canadian Mental Health Association</i></p>	<p>A free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.</p> <ul style="list-style-type: none"> <li>• telephone coaching *</li> <li>• skill-building workbooks and</li> <li>• online videos</li> </ul> <p>to help them overcome these symptoms and gain new skills to regain positive mental health.</p> <p><i>*To receive telephone coaching support, clients must either be referred by their primary care provider (family doctor, nurse practitioner) or psychiatrist, or they may self-refer as long as they're connected with a primary care provider.</i></p> <p>For those who are not quite ready for coaching, online videos can provide helpful tips.</p> <p>BounceBack is <b>not a crisis service, psychotherapy or counselling</b>, but a life-skills program that participants work with to</p>	<p>For individual's interested in learning more about the BounceBack program, or having a question about your referral or a concern:</p> <p>Toll-Free: 1-866-345-0224  <a href="mailto:bb-referral@cmha-yr.on.ca">bb-referral@cmha-yr.on.ca</a>            905-430-1768</p> <p>CMHA York and South Simcoe            8271 Keele St., Unit 2, Concord, ON, L4K 1Z1</p>

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	<p>develop coping techniques so they can overcome challenges now or in the future.</p> <p>Typically, participants take three to six months to complete the program.</p>	
<p><a href="#">Canadian Mental Health Association Waterloo Wellington</a></p> <p><b>Crisis</b> and Non-Crisis contact 1-844-437-3247 TTY: 1-877-688-5501</p> <p>Fergus Location: Skyline Community Hub 900 Tower St S.</p> <ul style="list-style-type: none"> <li>• By appointment only at this time</li> </ul>	<p>A wide variety of recovery-focused programs and services for people of all ages and their families. Some of the services include:</p> <ul style="list-style-type: none"> <li>• Eating Disorders</li> <li>• Peer &amp; Support Groups (self help)</li> <li>• Supportive Housing</li> <li>• Child and Youth Sexual Abuse Team</li> <li>• Youth-Led Engagement Groups</li> </ul> <p><a href="#">here 24/7 webpage</a> <a href="#">here4help webpage</a> <a href="#">here4healthcare webpage</a></p>	<p><a href="#">CMHA WW Brochure</a></p> <ul style="list-style-type: none"> <li>• services, locations, etc.</li> </ul> <p><a href="#">here 24/7 brochure</a></p>
<p><a href="#">Family Counselling and Support Services for Guelph and Wellington</a></p> <p><b>519-824-2431</b></p> <p>Fergus Location:</p>	<p>Individual, couple and family counselling related to mental health, trauma, abuse, anxiety, stress and depression.</p> <p>Also offers counselling related to debt/finances, relationship improvement, plus family &amp; parenting.</p>	<p><b>Distress Line</b> 1-888-821-3760</p> <p>Trained volunteers provide emotional support. Anonymous, confidential, and free to all.</p>

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Skyline Community Hub 900 Tower St S. <ul style="list-style-type: none"> <li>• By appointment only at this time</li> </ul>		
<a href="#"><u>MindBeacon (Ont Residents page)</u></a>  Online program Ontario residents are fully funded by Gov't of Ontario	Designed for adults 16+  Therapist guided program that is recommended for: <ul style="list-style-type: none"> <li>• Social anxiety</li> <li>• Panic</li> <li>• Stress management</li> <li>• Generalized or Health anxiety</li> <li>• Adjustment problems</li> <li>• Depression</li> <li>• Insomnia</li> <li>• Chronic Pain</li> <li>• Post-traumatic stress disorder</li> </ul>	Not a crisis service.  Not recommended for: <ul style="list-style-type: none"> <li>• Alcohol or substance abuse that interferes with daily activities (like our Therapist Guided Program)</li> <li>• Eating issues that affect your physical wellbeing</li> <li>• Relationship issues that require couples support</li> <li>• Issues tied to bipolar concerns</li> <li>• OCD concerns</li> <li>• Serious thoughts of suicide or self-harm.</li> </ul>
<a href="#"><u>Veterans Affairs Canada (VAC)</u></a>  <b>1-800-268-7708</b> TDD/TTY: 1-800-567-5803	“Talk to a Professional” service <ul style="list-style-type: none"> <li>• Confidential and free</li> <li>• Available 24 hours/day, 365 days a year</li> <li>• For veterans, former RCMP members, their family members, or caregivers.</li> </ul>	When you call, you are speaking to a mental health professional.

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<a href="#">Waterloo Wellington Local Health Integration Network - Mental Health page</a>  (website only)	Over thirty (30) links to health services supporting people with ongoing mental health issues living in the community.	
Related Organizations/Services		
<a href="#">Community Resource Centre of North and Centre Wellington</a>  519-843-7000	Supporting those most in need in the community while promoting self-sufficiency and community involvement.  <a href="#">Transportation</a>  <a href="#">Centre Wellington Contacts page</a> Including <ul style="list-style-type: none"> <li>• Emergency #s</li> <li>• Help Line/Shelters</li> <li>• Community &amp; Information Services</li> </ul>	<a href="#">Outreach &amp; Support Services page</a> <ul style="list-style-type: none"> <li>• links to multiple organizations in our community.</li> </ul>
<a href="#">Centre Wellington Foodbank</a>	Beyond providing food, the Food Bank supports the community as a first stop for those needing help, making connections to other agencies and programs.	

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	As well, by providing advice in times of crisis, fostering self-esteem through cooking classes and volunteering, sharing its commercial kitchen with not-for-profit groups and supporting those working for social justice and fighting poverty.	
Related Organizations/Services		
<a href="#">Elora House</a>  519-710-2176 Mon-Fri, 8 am- 4 pm	Providing safe housing and support for individuals identifying as women exploited by sex trafficking. <ul style="list-style-type: none"> <li>• safe temporary accommodation in a confidential location</li> <li>• 4 to 6 weeks of restorative care</li> <li>• basic needs, advocacy, referrals and supportive programming</li> </ul>	<b>Immediate Support</b> confidential 24/7 Canadian Human Trafficking Hotline: 1-833-900-1010  General Inquiries via email elorahouse@ercf.ca
<a href="#">Guelph-Wellington Women in Crisis</a>  519-843-6834	A feminist community-based organization providing services to women and their children on woman abuse and sexual violence.  <a href="#">Rural Women’s Support Program</a> <ul style="list-style-type: none"> <li>• supporting Wellington County</li> <li>• 479 St Patrick St W, Fergus</li> </ul> Additional programs	<b>Crisis Line</b> 24-hour, confidential, no call display 519-836-5710 1-800-265-7233  Other than English 1-866-863-0511 TTY 1-866-863-7868

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	<ul style="list-style-type: none"><li>• Marianne's Place (shelter)</li><li>• Transitional Housing &amp; Support</li><li>• Family Court Support</li><li>• Sexual Assault Centre</li><li>• Anti-Human Trafficking</li></ul>	<p><a href="#">Online Resources List</a></p> <ul style="list-style-type: none"><li>• organizations dedicated to supporting women and children whose lives have been affected by violence or abuse.</li></ul>