



Mental Health Crisis Resources and Supports

- **Central Intake for Child & Youth Mental Health:** 1-888-454-6275
- **Distress Centre Durham:** 24/7 Distress Help Line – 905-430-2522 or Toll-Free: 1-800-452-0688
- **Durham Mental Health Services: *Crisis Line*** & access to crisis beds 905-666-0483 or 1-800-742-1890 (over 16 years of age)
- **Kids Help Phone:** 1-800-668-6868 or kidshelpphone.ca
- **Crisis Text Line:** Text **WELLNESS** to 686868 (for youth) or 741741 (for adults)
- **ConnexOntario:** 1-866-531-2600
- **Frontenac Youth Services Crisis Line:** 905-723-2802
- **Pride Line:** 1-855-87PRIDE (77433) or distresscentredurham.com
- **Good2Talk:** for people ages 17-25, attending post-secondary education 1-866-925-5454 or text **GOODTOTALKON** to 686868
- **Hope for Wellness Helpline:** mental health and crisis support for Indigenous Peoples 1-855-242-3310

Counselling Services/Supports

Name	Location	Phone/Website
Canadian Mental Health Association (CMHA) Durham	Durham	<ul style="list-style-type: none"> • 1-844-436-8760 • https://cmhadurham.ca/
Catholic Family Services Durham	Oshawa/Ajax	<ul style="list-style-type: none"> • 905-725-3513 (Oshawa) • 905-428-1984 (Ajax) • www.cfsdurham.com
Community Care Durham (CCD) COPE Mental Health	Durham	<ul style="list-style-type: none"> • 905-668-6223 • Website
Ontario Shores: Structured	Durham	<ul style="list-style-type: none"> • Cognitive Behaviour Therapy (CBT) for individuals 16+ with symptoms of depression



Psychotherapy Program		<ul style="list-style-type: none">and anxiety. Clients can self-refer https://www.ontarioshores.ca/services/ontario-structured-psychotherapy-program
CAREA	Durham Region	<ul style="list-style-type: none">1-877-227-3217www.careachc.ca
Food supports – Region of Durham	Durham Region	<ul style="list-style-type: none">https://www.durham.ca/en/living-here/food-banks.aspx
Family Services – Region of Durham	Whitby/Ajax Bowmanville & Satellites	<ul style="list-style-type: none">905-666-6239 or1-888-721-0622 extension 5www.durham.ca
pflag Canada – Durham Region	Durham	<ul style="list-style-type: none">https://pflagdurhamregion.com/
Psychological & Counselling Services Group	Oshawa Ajax	<ul style="list-style-type: none">1-866-568-9476 (Oshawa)1-289-278-6078 (Ajax)www.psychologicalcounsellingservicesgroup.com

Online Mental Health Supports

- **Anxiety Canada** – free online anxiety information and resources <https://www.anxietycanada.com/>
 - MindShift CBT groups
 - MindShift CBT App
 - MAPs (My Anxiety Plan) self-help courses
- **BounceBack** – free online Cognitive Behaviour Therapy (CBT) program for youth (15-17) and adults who need support with depression, anxiety, stress or worry <https://bouncebackontario.ca/>