

KeepSafe Connections

KeepSafe Connections are **Able, Approachable, and Available** to help with suicide. They know how to do suicide first aid (trained in suicide intervention). Different kinds of helpers in your community may have this training but some may not. It is best to check before adding them to this list.

(905)-688-3711
CRISIS (DISTRESS) CENTER NIAGARA

1-800-263-4944
CRISIS OUTREACH AND SUPPORT TEAM (Pathstone)

1-800-668-6868
KIDS HELP PHONE

(905) 682-7258
SEXUAL ASSAULT CENTER

(905)-937-7731
FAMILY AND CHILDREN SERVICES NIAGARA

(905)-682-4584
SEXUAL ABUSE HOTLINE

(905)-688-6850
PATHSTONE MENTAL HEALTH

(905)688-4111
NIAGARA REGIONAL POLICE SERVICES

9-1-1
EMERGENCY MEDICAL SERVICES

(905)-641-5222
CANADIAN MENTAL HEALTH ASSOCIATION

(905) 641-5222 ext. 231
MENTAL HEALTH URGENT SUPPORT SERVICES

(905) 397-4201
POWERHOUSE PROJECT (YOUNG CAREGIVERS)

(905) 984-4365
YOUTH SHELTER (The RAFT)

1-866-885-5947
CENTRE DE SANTE COMMUNAUTAIRE, FRENCH SERVICES

(905)684-3407
CONTACT NIAGARA, CHILD/YOUTH MENTAL HEALTH

1-866-550-5205
MENTAL HEALTH AND ADDICTION ACCESS LINE

1-866-550-5205
COAST (CRISIS SERVICES 16+)

(905)-980-6000
PUBLIC HEALTH NIAGARA REGION

(905) 688-2558
QUEST COMMUNITY HEALTH CENTRE

(905) 688-6850 ext 128
RAINBOW YOUTH NIAGARA

(905)-378-4647
NIAGARA HEALTH SYSTEM

(905)-641-5254
CRISIS SAFE BEDS CMHA

(905)-937-7731 ext 3345
FAMILY AND CHILDRENS SERVICES: FAMILY COUNSELLING CENTER

(905)-984-8766
HOSPICE NIAGARA: BEREAVEMENT

(905)-684-1183
CASON (Community Addictions Services Niagara)

(905)-682-2657
JOHN HOWARD SOCIETY/YOUTH JUSTICE

(905)-937-5435
CHILD ADVOCACY CENTER

(905)-682-2626
VICTIM SERVICES

WESBITES and APPS

www.teenmentalhealth.org- improving teen mental health

www.mindyourmind.ca – info, resources, tools and stress management

www.ementalhealth.ca- resources and events in Niagara

MIND YOUR MOOD (teenmentalhealth): mood tracking, self reflection, coping strategies
ALWAYS THERE (KIDS HELPPHONE): tips, log moods, coping with stress