

Resources for Hamilton:

Mental health Emergencies:

- COAST: 905-972-8338 (24/7)
- Barrett Centre crisis line & crisis beds: 905-529-7878 (24/7)
- 988 [call or text] (24/7)
- Kids help phone (Calling): 1-800-668-6868 or text HOME to 686868 (24/7)
- Good2Talk-helpline for university or college students: 1-866-925-5454
- St Joe's ER: 50 Charlton Avenue East
- For those under 18: McMaster Children's Hospital
1200 Main Street West

Other Mental health Services:

- ConnexOntario 24/7: [1-866-531-2600]
Website: <https://www.connexontario.ca/en-ca/>
- CMHA Hamilton:
Monday to Friday
Phone: 905-521-0090
- Body Brave (for eating disorders): 905-312-9628
<https://www.bodybrave.ca/>
- Mental Health Rights Coalition: 905-545-2525

Substance Related:

- AA Crisis Line: 905-522-9392
- Men's addiction Services Hamilton: 905-527-9264
- Narcotics Anonymous: 1-888-811-2887
- Womankind: 905-545-9100

For Children and Youth:

- Alternatives For Youth: 905-527-4469
- Banyan Children's services: 905-544-7778
- Big Brothers/Big Sisters: 905-525-3860
- Brennan House: 905-577-1166
- CONTACT Hamilton: 905-570-8888
- Notre Dame House: 905-308-8090
- Catholic Children's Aid Society: 905-525-2012
- Children's Aid Society: 905-522-1121
- Youth Wellness Centre: 905-522-1155 x 31725

Financial:

- ODSP: 905-521-7280
- Ontario Works: 905-546-4800

Housing & Shelter:

- Good Shepherd Center: 905-528-9109
- Good Shepherd HOMES program: 905-528-3655
- Housing help Centre: 905-526-8100
- Mary's place: 905-523-6277
- Mission Services (Shelter): 905-528-7635
- YMCA Hamilton: 905-529-7102
- YWCA Hamilton: 905-522-9922

Medical:

- Aboriginal Health Centre: 905-544-4320
- AIDS Network Hamilton: 905-528-0854
- Home & Community Care Support Services LHIN: 905-523-8600
- Sexual Assault Centre of Hamilton (SACHA): 905-525-4573
- Sexual Health Clinic: 905-528-5894
- Social/Public Health Services: 905-546-2489
- Street Health Centre/Public Health Nurse: 905-777-7852
- Shelter Health Network: 905-526-7137
- St. Joseph's Healthcare Hamilton: 905-522-1155
- Telehealth: 1-866-797-0000
- Urban Core Community Health Centre: 905-522-3233

Mental health and Crisis Resource links (Work pages,etc):

- **Safety/Crisis plan sheet:**
https://988lifeline.org/wp-content/uploads/2017/09/Brown_StanleySafetyPlanTemplate1.pdf
- **DBT Cheat Sheet:**
<https://maritalintimacyinst.com/wp-content/uploads/DBT-cheat-sheet.pdf>