

Help for Youth

(Talk, Text, Online Counselling)

Crisis Line of Grey Bruce (16+)

1-877-470-5200

This telephone helpline is available to anyone in need during times of stress or crisis.

- For those 16 years and older.
- Trained volunteers, supervised by professional staff, provide caring and non-judgemental support and work to empower callers to seek solutions to the challenges they face.
- The helpline also seeks to reduce the risk of suicide and can assist callers to access necessary services and resources.
- Open 24 hours a day, 7 days a week, 365 days a year.

Good2Talk

1-866-925-5454

Or connect through 2-1-1

<http://www.good2talk.ca>

Good2Talk is a free, confidential and anonymous helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario, 24/7/365.

Good2Talk serves students at Ontario's publicly-funded colleges and universities, with a primary focus on those aged 17 to 25. Students can call Good2Talk for support on a wide range of issues.

Kids Help Phone

www.kidshelphone.ca – on-line chat available thursday to sunday evenings

Phone: 1-800-668-6868

Crisis Text line - Text CONNECT to 686868

Always There App

Kids Help Phone is a free, anonymous and confidential phone and on-line professional counselling service for children and youth. Big or small concerns! Open 24/7 365

Lesbian Gay Bi Trans Youth Line

1-800-268-YOUTH

Website: www.youthline.ca

Text Messaging Peer Support: 647-694-4275

- Provides services for youth, by youth that affirms the experiences and aspirations of lesbian, gay, bisexual, transsexual, transgender, 2-spirited, queer and questioning youth in Ontario.
- Support is provided in a queer positive and non-judgmental atmosphere through telephone listening, information and referral services, and through complementary outreach.

National Eating Disorder Info Centre

1-866-633-4220 available until 9 p.m.

www.nedic.ca

Sexual Assault Crisis and Support Line

1-866-578-5566

Sexual Assault - Assaulted Women's Helpline:

1-866-863-0511

Talk4Healing, for Indigenous women:

1-855-554-HEAL

Support Services for Male Survivors of Sexual Violence:

1-866-887-0015

Bruce County Women's House Serving Bruce and Grey: Sexual Assault Services

www.whsbg.on.ca

24 Crisis Line: 1-866-578-5566

Wes For Youth Online

www.wesforyouthonline.ca

Confidential online counseling for youth in Grey and Bruce.