

**CHILD & YOUTH: CRISIS/ DISTRESS LINES**

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**BeSafe App**

A mobile app that aims to help young adults make a decision about seeking help in a crisis. <https://besafeapp.ca>

**COAST (Crisis Outreach and Support Team) (16+)**

Call: 1-877-825-9011

**Distress Centre Oakville (Halton)**

Call: 905-849-4541

**EveryMind – Peel Crisis Support (0-25 years)**

Call: 416-410-8615

Connect: <http://everymind.ca/>

**Good2Talk (17-25 years)**

Call: 1-866-925-5454 to speak with a professional counsellor

Text: GOOD2TALKON to 686868 with a trained, volunteer Crisis Responder

Connect: <https://good2talk.ca>

**Kids Help Phone**

Call: 1-800-668-6868

Text: CONNECT to 686868

Connect: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**LGBT Youth Line**

Call: 1-800-268-9688

Connect: [www.youthline.ca](http://www.youthline.ca)

**Mental Health Helpline (Ontario Wide)**

Call: 1-866-531-2600

**ROCK (Reach Out for Kids) 24 hr Crisis Line (Halton)**

Call: 905-878-9785

Connect: <https://rockonline.ca/crisis/>

**Spectra Helpline (Peel)**

Call: 905.459.7777

Connect: [www.spectrahelpline.org](http://www.spectrahelpline.org)

***\*If you or someone is in immediate danger  
– please call 9-1-1 or go to nearest  
Emergency Department\****

*Important Note:* The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.