

WHERE CAN I GET HELP?
Mental Health Community Resources in Grey Bruce

- ❖ **Friends and Family**
- ❖ **Health Care Provider**
- ❖ **911**
- ❖ **Local Hospital Emergency Department**
- ❖ **Grey Bruce Health Services Crisis Intervention Team**
Call 519-376-2121 or toll free 888-525-0552 ext. 2450 to be connected with the Crisis Intervention Team. The Crisis Intervention Team is available 24 hours per day, 7 days per week to help individuals and families who are in crisis or experiencing an emergency.
- ❖ **Mental Health Crisis Line of Grey Bruce**
Call 1-877-470-5200 to reach a mental health telephone helpline for people in distress or crisis. It provides caring, non-judgmental support to all those seeking help and works towards helping callers to seek solutions to the challenges they face. Service is available 24 hours a day, 7 days a week, 365 days a year.
- ❖ **Community Mental Health Teams in Grey Bruce**
Call 1-877-888-5855 to get connected with local adult mental health services (16 years+).
- ❖ **Mental Health Services - Grey Bruce Health Services Owen Sound**
Call 519-376-2121 ext. 2460 for counselling for depression and anxiety.
- ❖ **Telehealth Ontario**
Call 1-866-797-0000 to speak to a Registered Nurse for 24 hour health information and breastfeeding support.
- ❖ **Keystone Child, Youth and Family Services**
Call 1-800-567-2384 to get connected with individual counselling (18 years of age and under) and/or group counselling for parents, children and youth.
- ❖ **Grey Bruce Health Unit**
Call 519-376-9420 or 1-800-263-3456 ext. 1433 and ask to be connected to your area Public Health Nurse. You may be eligible for the Healthy Babies Healthy Children Home Visiting Program. Public Health Nurses can also make referrals and connect you with community resources. Please note that this is not an emergency service.
- ❖ **Chippewas of Saugeen Mino Bimaadsaawin Health Centre**
Call 519-797-3792 for support and referrals to community resources.
- ❖ **Chippewas of Nawash Health Centre**
Call 519-534-0373 and ask to speak with a community health nurse for counselling services and referrals.
- ❖ **M'Wikwedong Native Cultural Resource Centre**
Call 519-371-1147 for support and referrals to community resources.
- ❖ **Crisis Pregnancy Centre**
Call for short or long term support, peer counselling and referrals to community resources.
Owen Sound 519-371-2004
Hanover 519-364-4242

INTERNET RESOURCES

- ❖ **Pacific Postpartum Support Society** www.postpartum.org
 - Offers support and information for women and their families experiencing prenatal or postpartum depression.

- ❖ **Best Start Resource Centre** www.lifewithnewbaby.ca
 - Group of mothers who offer each other emotional support.

- ❖ **Postpartum Progress Blog** www.postpartumprogress.com
 - Information about postpartum depression and a private forum for people experiencing postpartum mood disorders to support each other.

- ❖ **Postpartum Mood Disorder Project** www.postpartumresource.com
 - Video where several moms talk about their experiences with postpartum mood disorders.

- ❖ **Toronto Public Health Website** www.toronto.ca/health/index.htm
 - Information and videos about postpartum depression and anxiety. Click on child and family health and then postpartum depression and anxiety.

- ❖ **Wes for Youth Online** www.wesforyouthonline.ca/
 - Connect with a counselor in a secure online environment. Service available for youth up to 18 years of age.