

## **Are you in crisis?**

**If you or someone you know is in crisis and requires emergency assistance, visit your local emergency department, or call 911.**

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Crisis Response Programs serving Hamilton, Niagara, Haldimand/Norfolk, Brant and Burlington:

### **Hamilton**

#### [COAST Hamilton](#)

Crisis Outreach And Support Team-24 hour crisis hotline in Hamilton and surrounding area.

Phone: 905 972-8338.

### **Niagara**

[COAST Niagara](#) Crisis Outreach And Support Team- 24 hour crisis hotline in the Niagara region.

Phone: 1-866-550-5205

#### [Distress Centre Niagara](#)

Distress Centre Niagara is here to listen, providing support to those in crisis or distress.

St. Catharines, Niagara Falls and area - 905-688-3711

Port Colborne, Wainfleet and area - 905-734-1212

Fort Erie and area - 905-382-0689

Grimsby and West Lincoln - 905-563-6674

## **Haldimand/Norfolk**

### [CAST Haldimand/Norfolk](#)

The Crisis Assessment and Support Team (CAST) provides 24-hour mental health crisis support for people aged 16 and older and is staffed by experienced mental health professionals.

Phone: 1 866 487 2278

### [Haldimand-Norfolk REACH](#)

REACH is a multi service agency, providing children's mental health and education services.

Phone: 1-800 265-8087.

## **Brant**

### [Brant Mental Health Crisis Response System](#)

Help is just a call away for anyone in need. Serving the region of Brant and surrounding areas. 24 hour hotline.

Phone: 519-752-2273

### [Woodview Mental Health and Autism Services-Integrated Mental Health Crisis Service](#)

Immediate crisis support and/or counselling is provided to individuals of all ages and families in the Brant/Brantford region. 24 Hour Crisis Line

Phone: 519-759-7188 or 1-866-811-7188

Walk-in Clinic: 255 Fairview Drive, Unit #1, Brantford, ON

## **Burlington**

### [COAST Burlington](#)

Crisis Outreach And Support Team- 24 hour crisis hotline in Burlington and surrounding area. Call anytime.

Phone: 1-877-825-9011.

[Distress Centre Hamilton](#)

Lonely? Depressed? Suicidal? We Care We Listen 24 hours a day, 7 days a week

Phone: 905-681-1488.

[Kids Help Phone](#)

Kids Help Phone provides free phone and web counselling for those under the age of 20, every day of the week, any time day or night.

Phone: 1-800-668-6868-

[Stop A Bully](#)

Stop a Bully is a registered bully prevention program with the Ontario Ministry of Education and provides a safe way for a victim or witness to report bullying to the school.

[Mental Health Helpline](#)

The Mental Health Helpline provides information about mental health services in Ontario. We are funded by the Government of Ontario.

Phone: 1-866-531-2600

[HNHB Healthline](#)

Health services for Hamilton, Niagara, Haldimand, Brant, Burlington and Norfolk.