

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.

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

[CMHO](#)

Find child and youth mental health centres across the province that provide free counselling and support for families.

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.