



Children's Mental Health
of Leeds and Grenville



**we are here for
you...**

**phone, virtual
or in person**

**Walk-In Wednesdays
11:00 to 7:00 p.m.**

You must call prior to visiting any of our
locations to adhere to COVID-19 Protocols

1-800-809-2494



**SCAN
ME**

We welcome Self-Referrals. This
QR Code takes you directly to
the self-referral page.

Where to turn for support

KIDS HELP PHONE

1-800-668-6868 or text 686868

Live chat Counselling service open 7 p.m. to Midnight
ET Facebook chat. Connect through Facebook
Messenger - Crisis Text Line

TOGETHERALL

<https://togetherall.com/en-ca> - A free clinically managed 24/7 online anonymous peer-to-peer support platform to improve mental health

LGBT Youth Line

Ontario: 647-694-4275

<https://www.youthline.ca/>

<https://www.thetrevorspace.org/>

This is a 24/7 World wide resource/support for
LGBTQ Youth under 25.

Trans Lifeline Peer Support

Canada - (877)330-6366 <https://translifeline.org/>

Reachoutfornow.ca

Prevention, intervention, Postvention Suicide
Support 24 hour crisis helpline 1-866-996-0991

Indian Residential School Survivors and Family - 24 hour crisis line

<https://www.irss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line>

Mental Health Crisis Line, Lanark and Leeds Grenville

Call 613-345-4600 - available 24/7

Lanark County Mental Health Crisis Services

Available Mon to Thurs - 8:00 a.m. to 8:00 pm
Friday - 8:00 a.m. to 4:00 pm

Ontario Drug and Alcohol Helpline

Call, chat and email services are available 24
hours a day, 7 days a week 1-800-565-8603

Connect Youth

Phone: 613-918-0173

www.connectyouth.ca

Support for housing, food, transportation and
more....

