



Canadian Mental
Health Association
Peel
Mental health for all

Association canadienne
pour la santé mentale
Peel
La santé mentale pour tous

QUICK GUIDE

MENTAL HEALTH & ADDICTIONS RESOURCES

SERVING PEEL REGION
& DUFFERIN COUNTY

Everyone has ups and downs in their everyday life, but if your mental health is affecting your daily life or getting in the way of your work or relationships, we can help. If you are worried about a friend or family member's mental health or substance use, we can help.

CMHA Peel connects individuals to mental health information, education and support services. We offer personalized services including identification of your needs relating to mental health and substance use/addiction, and can connect you to our programs and other community supports. Our programs focus on helping people recover from mental illness and build resiliency.

For information regarding services and supports or to make a referral to CMHA Peel please contact us:

Monday - Friday: 9am - 5pm

📞 905-451-2123

📠 905-456-7492

✉ info@cmhapeel.ca

🌐 www.peel.cmha.ca

 /CMHAPeel

 @CMHAPeelRegion

Are you in crisis?

If you or someone you know is experiencing a mental health or addiction crisis and requires emergency assistance, call 9-1-1 or go to the nearest hospital.

If you or someone you know is experiencing a mental health or addiction crisis and needs support contact:

24.7 Crisis Support Peel

📞 905-278-9036

Caledon: 📞 1-888-811-2222

Peel's Children Centre

Crisis support for those under 18 years of age

📞 416-410-8615



ABUSE

Assaulted Women's Helpline

☎ 416-863-0511 ☎ 1-866-863-0511

Caledon Dufferin Victim Services

☎ 1-888-743-6496 ☎ 519-942-1452 ☎ 905-951-3838
✉ info@cdivs.ca

Catholic Cross-cultural Services / Violence Against Women

Individual counselling and group support for immigrant women victims of assault/abuse.

☎ 905-457-7740 ☎ 905-273-4140 ✉ rbynoe@ccspeel.org

Chantel's Place

☎ 905-848-7580 x2548

Interim Place - South (Women & Children)

☎ 905-403-0864 ✉ womensadvocatesouth@intermplace.com

Interim Place - North (Women & Children)

☎ 905-676-8515 ✉ womensadvocatenorth@intermplace.com

Peel Children's Aid Society

☎ 905-363-6131

Peel Children's Centre / Sexual Abuse Treatment

☎ 905-451-4655

Sexual Assault / Rape Crisis Centre

☎ 1-800-810-0180

Victim Services of Peel

☎ 905-568-1068 ✉ info@vsp.org

ADDICTIONS

Credit Valley Addictions and Concurrent Disorders Centre

☎ 905-813-4402

Drug and Alcohol Helpline

☎ 1-800-565-8603 ☐ www.connexontario.ca

Hope Place Centres / Men's Treatment Centre (Halton Recovery House)

☎ 905-878-1120

Hope Place Centres / Women's Treatment Centre

☎ 905-875-3214 x103

Hope Place Centres / Community Based Treatment Centre Oakville

☎ 1-877-399-7299 ☎ 905-465-3324

CMHA Peel - Impact / Canadian Mental Health Association Peel

The Impact program (for youth 12 - 18) focuses on substance abuse education and harm reduction strategies. Individualized, community-based supportive counselling is also available to youth regarding substance use, mental health and recovery.

☎ 905-451-2123 ☐ www.cmhapeel.ca/impact

CAMH Medical Withdrawal Management Services

☎ 416-535-8501 x36071 ☐ www.camh.ca

Family Transition Place

☎ 905-584-4357 ☎ 1-800-265-9178 ☐ www.familytransitionplace.ca

Ontario Problem Gambling Helpline

☎ 1-888-230-3505 ☐ www.connexontario.ca

The Jean Tweed Centre

☎ 647-459-3173 ☎ 647-222-6562
☐ www.jeantweed.com/IWantHelp

Peel Works Needle Exchange

☎ 647-225-1623

Peel Youth Substance Abuse Program / (YMCA) 14 - 24 years

☎ 905-276-9322 x216 ✉ pixie.umadhay@wmcagta.org

Peel Addiction Assessment & Referral Centre (PAARC)

☎ 905-629-1007 ☎ 641-462-1567 ☐ www.paarc.com/programs

Punjabi Community Health Services

☎ 905-677-0889

William Osler Health System Withdrawal Management Centre

☎ 905-456-3500 x231 ☐ www.williamoslerhc.on.ca

William Osler Health System Addiction Counselling Services

☎ 905-796-3005

BEREAVEMENT

Arborcare

Follow-up, 6-week support group after bereavement and suicide at Scotts Funeral Home, 289 Main. St. North (North of Queen) in Brampton and 420 Dundas St. East (East of Hwy#10) in Mississauga.

☎ 416-863-0511 ☎ 1-866-863-0511
✉ scott@arborcarememorial.com

Bereaved Families of Ontario, Halton/Peel

Self-help groups (closed) for various aspects of bereavement - call for information about meeting dates and times.

☎ 905-848-4337 ✉ info@bereavedfamilies.ca

Community of People Extending Support

A 6-week support group for people who share a similar experience: bereavement - 6-week groups, 4 times each year, call for information (Turner & Porter Funeral Homes).

☎ 416-767-6793 ✉ comments@turnerporter.ca

Coping Centre

☎ 519-650-0852 ☎ 1-877-554-4498

Heart House Hospice

☎ 905-712-8119 ✉ info@hearthouse.com

Hospice Caledon

📞 905-951-3534

Perinatal Bereavement Services Ontario

📞 1-888-301-7276

Saint Elizabeth Health Care

📞 905-826-0854 ✉️ peelsdc@stelizabeth.com

Survivor Support Program

Supports adult family members, friends or co-workers grieving a death by suicide or homicide – leave a message for meeting information.

📞 416-595-1716 ✉️ alex@torontodistresscentre.com

COMMUNITY HEALTH CENTRES

Bramalea Community Health Centre

Serving people with barriers to accessing health care in L6T, L6R and L6S postal codes.

📞 905-451-8090

East Mississauga Community Health Centre

Serving people from Lake Ontario to Matheson Blvd; Hurontario St. to Etobicoke Creek.

📞 905-602-4082 ☐ www.mississauga@lampchc.org

Four Corners Malton

📞 905-677-9599

COUNSELLING

Associated Youth Services of Peel

📞 905-451-4655

Canadian Hearing Society

📞 905-608-0271 📞 (tty) 647-260-0117 ✉️ info@chs.ca

Catholic Family Services of Peel Dufferin

📞 905-450-1608 📞 905-897-1644

Dufferin Child & Family Services

Children's Mental Health Service

📞 1-888-940-0584 📞 519-941-1530

Elizabeth Fry Society of Peel-Halton

For female offenders, including anger management

📞 905-459-1315 ☐ www.efrypeelhalton.ca

Family Services of Peel

Family and community support services

📞 905-453-5775 ✉️ fsp@fsp.eel.org

Family Transition Place

Woman Abuse, Sexual Abuse (women & men), Groups & Workshops

📞 1-800-265-9178

📞 905-584-4357

📞 519-941-4357 ☐ www.adminfamilytransition.ca

Peel HIV/Aids Network

📞 905-362-2025 📞 1-866-896-8700 ☐ www.phan.ca

John Howard Society – Peel Halton Dufferin

For male offenders, including anger management.

📞 905-459-2205

Nexus Youth Services / 12 - 24 years

Services for youth between the ages of 14 and 24 years who live in the Peel Region including Youth Drop-in Centre and Community Counselling Program.

📞 905-566-1883 ☐ www.nexusyouth.ca

Peel Children's Centre / Birth - 18 years

Individuals, groups, parents

📞 905-451-4655 ☐ www.peelcc.org

Rapport Youth and Family Services / 12 - 20 years

📞 905-455-4100

Salvation Army Mississauga Branch / Includes Anger Management

📞 905-279-3941 ✉️ safamilyservices.com

Tangerine Walk-in Counselling

📞 905-795-3530 ☐ www.tangerinewalkin.com

The Learning Disabilities Association

📞 905-791-4100 📞 905-272-4100 ☐ ldapr.ca

Vita Centre

For pregnant / parenting youth

📞 905-502-7933 ✉️ deborah@vitamanor.org

CRISIS SERVICES

24.7 Crisis Support Peel

📞 905-278-9036 📞 (Caledon) 1-888-811-2222

Community Torchlight Crisis Line

Guelph / Wellington / Dufferin

📞 519-821-0140 📞 (from area only) 1-877-822-0140

Youthdale Crisis

📞 416-363-9990

CULTURALLY BASED SERVICES

African Community Services of Peel

📞 905-460-9514

Brampton Multicultural Community Centre

📞 905-790-8482 📞 905-828-1328

Catholic Cross-cultural Services

📞 905-457-7740 📞 905-273-4140

India Rainbow Community Services of Peel

Counselling services available

☎ 905-459-4776 ☎ 905-275-2369

Muslim Community Services

☎ (Brampton North) 905-790-1910

Ontario Inter-Cultural Community Services

☎ 905-696-9963

PCHS (Punjabi Community Health Services)

☎ 905-790-0808 ☎ 905-677-0889

✉ admin.brampton@pchs4u.com

South Asian Welcome Centre Inc.

☎ 905-790-0676

DISTRESS LINES

Distress Centre Peel

☎ 905-278-7208 ☎ 1-800-363-0971

Community Torchlight Youth Support Line

Guelph / Wellington / Dufferin

☎ 519-821-5469 ☎ (from area only) 1-888-821-3760

Kids Help Phone

☎ 1-800-668-6868 ☎ kidshelpline.ca

Peel Postpartum Family Support Line / Monday 10am – 10pm

☎ 905-459-8441 ☎ 289-298-5468

Spectra Community Support Services

(Formerly Telecare Distress Centre)

Multilingual lines – Mon.-Fri. 10am-10pm

Cantonese, Hindi, Mandarin, Portuguese, Punjabi, Spanish, Urdu.

☎ 905-459-7777 ☎ 905-584-7770 ☎ 416-920-0497

☎ 905-459-8439 x5 (Reassurance Program – 18 - 55 years, Medication reminders, etc.)

Telecheck

55 years+ English, French, Hindi, Portuguese, Punjabi, Spanish, Urdu

Daily check-in, med reminders, etc.

☎ 416-646-8450

Square One / Older Adult Centre Telephone Reassurance Program

50+ Daily contact for adults in Mississauga concerned about safety & isolation.

☎ 905-615-3207

The Warm Line / 8am – midnight

☎ 416-960-WARM ☎ 416-960-9276

EMPLOYMENT/VOCATIONAL

ACCES Employment / 8am – midnight

☎ 905-454-2316 ☎ 905-361-2522

☐ www.accessemployment.ca

Employment Ontario Hotline / 8am – midnight

☎ 1-800-387-5656 ☐ www.servicecanada.gc.ca

Employment Access / Disabilities

☎ 905-459-7890 ☎ 905-755-9734 ☎ 1-800-270-3861

Employment Resources Centre (Peel Youth Village)

☎ 905-791-5576 ☐ www.peelyouthvillage.ca

John Howard Society Employment Services

☎ 905-459-0111 ✉ info@johnhowardphd.ca

☐ johnhowardphd.ca

Peel Career Assessment Services Inc.

☎ 905-670-1967

Ready, Willing and Able / Family Services of Peel

☎ 905-453-5775 ☐ www.fspeel.org

Volunteer MBC

☎ 905-238-2622

YMCA Youth Employment Services

☎ 905-276-9322 x200

FAMILY SUPPORT

Association of Parent Support Groups of Ontario

Self-help and support groups for parents of disruptive youth with weekly meetings in Bolton, Brampton, and Mississauga.

☎ 1-800-488-5666

Children's Mental Health of Ontario

Assists families of people with schizophrenia through supportive services.

☎ 416-921-2109 ☐ www.cmho.org

Family Association for Mental Health Everywhere (FAME)

Support for families who have a member with any mental illness. Individual or group support available in: Mississauga, Brampton, Orangeville and Caledon. Also support for youth 13 - 17 and children 7 - 12 years old. Call for meeting times and locations.

☎ 905-488-7716 ☎ 905-276-8316

Family Education Centre

☎ 905-452-0332 ✉ info@familyedcentre.org

Schizophrenia Society of Ontario, Halton Peel

Assists families of people with schizophrenia through supportive services.

☎ 905-338-2112 ✉ msue-ping@schizophrenia.on.ca

FINANCIAL SUPPORT

Ontario Works (Region of Peel)

☎ 905-793-9200 ☐ www.peelregion.cva

Ontario Disability Support Program (ODSP) - (MCSS)

☎ 905-460-5025 ☎ 905-897-3100 ☐ www.peelregion.ca

FOOD BANKS

Caledon Food Bank

📞 905-951-2300 ✉ info@ccs4u.org

The Compass

📞 905-274-9309 ✉ info@thecompass.ca

Eden Food Bank

📞 905-785-3651 ✉ info@edenfoodbank.org

Foodpath

📞 905-270-5589 ✉ info@themississaugafoodbank.org

Knight's Table / \$1 meals / Pantry

📞 905-454-8725 🌐 www.knightstable.org

The Open Door

📞 905-276-9136 ✉ theopendoor@hotmail.com

Salvation Army

📞 905-451-8840 📞 905-279-3941 📞 519-943-1203

St. Louise Outreach

📞 905-454-2144 🌐 www.stelouisefoodbank.ca

St. John of the Cross Food Pantry

📞 905-821-1331

Shepherd's Cupboard

📞 519-925-2600 x350

Seva Food Bank

📞 905-361-7382 🌐 www.sevafoodbank.com

ICNA Relief Canada

4-6120 Montevideo Rd. Mississauga, ON L5N 3W5
📞 905-858-1067 🌐 www.icnareliefcanda.ca

Malton Neighbourhood Services - Food Pantry

📞 905-677-6270 🌐 www.mnsinfo.org

Meals on Wheels

Provides nutritious meals to seniors and people with disabilities who can't prepare meals for themselves.

📞 905-453-4140 📞 905-820-4026
📞 905-857-7651 🌐 www.mealsonwheels.ca

New Life Covenant Food Pantry

📞 905-453-6165

GOVERNMENT/HEALTH SYSTEM

Central West Local Health Integration Network (LHIN)

📞 905-455-1281 ✉ centralwest@ihns.on.ca

Health Canada, Ontario Region Info Line

📞 416-973-4389

Ministry of Children and Youth Services

📞 905-567-7177

Mississauga Halton Local Health Integration Network (LHIN)

📞 905-337-7131

Ombudsman Ontario (Complaints Number)

📞 1-800-263-1830

Region of Peel (Customer Service)

📞 905-791-7800

Service Ontario - Brampton, Caledon and Mississauga

📞 1-866-532-3161

HOMELESSNESS

Lakeshore Community Outreach Centre, the Compass

📞 905-274-9309

Peel Street Helpline

📞 905-796-5888

Regen Connex

A self-help group for the homeless/marginalized population in Brampton. Coffee and light snacks are provided. Every Thursday, 11:30am to 1:00pm at St. Paul's United Church in The Community Room.

📞 905-796-5888
✉ info@regenbrampton.com

Salvation Army Family Life Resource Centre

📞 905-451-4115
✉ info@ShelterBrampton.com

HOSPITAL SERVICES

Centre for Addiction and Mental Health (CAMH)

/ Centralized Assessment, Triage and Support

📞 (Outpatient) 416-535-8501 x6878
📞 (Emergency) 416-535-8501 x6885 ✉ info@camh.ca

Child, Youth and Family Program / Mood and Anxiety Service

📞 416-535-8501 x4366 🌐 www.camh.ca

Psychogeriatric Assessment Consultation & Education (PACE Peel) / North of Hwy 401

📞 416-535-8501 x7716 🌐 www.camh.ca

Trillium Health Partners / Credit Valley Hospital

📞 905-813-2200 🌐 www.trilliumhealthpartners.ca

Trillium Health Partners / Mississauga Hospital

📞 905-848-7100 🌐 www.trilliumhealthpartners.ca

William Osler Health System / Brampton Civic Hospital

📞 905-494-2120 🌐 www.williamoslerhs.ca

Mental Health Intake / *Brampton Civic Hospital*
📞 905-494-6709 ☐ www.williamoslerhs.ca

William Osler Health System / *Etobicoke General Hospital*
📞 416-494-2120 ☐ www.williamoslerhs.ca

Mental Health Intake / *Etobicoke General Hospital*
📞 905-494-2120 x3236 ☐ www.williamoslerhs.ca
Child & Adolescent Services / *Birth - 18 years*
📞 905-451-4655 ☐ www.williamoslerhs.ca

Headwaters Health Care Centre
📞 519-941-2410 ☐ www.headwatershealth.ca

HOUSING

Peace Ranch
📞 1-877-761-6352
📞 (To apply for townhouses) 905-584-9156 x37
📞 (To apply for farmhouse/group home) 905-795-8742

Peel Living
📞 905-453-1300 ☐ www.peelregion.ca

Support Housing in Peel (SHIP)
📞 905-795-8742 ✉ info@shipshey.ca

INFORMATION & REFERRAL

211 Peel
Three-digit dialing for comprehensive information and referral assistance
📞 211

Brampton Neighbourhood Resource Centre
📞 905-452-1262 ☐ www.bnrc.org

Caledon Community Services
📞 905-951-2300 ✉ info@ccs4u.org

CMHA Peel Information and Referral
📞 905-451-2123 ✉ info@cmhapeel.ca

Centre for Addiction & Mental Health R. Samuel McLaughlin Info Line
📞 416-595-6111 📞 1-800-463-6273 ☐ www.camh.net

Community Care Access Centre
📞 310-CCAC (2222) ☐ www.healthcareathome.ca

Consumer/Survivor Info Resource Centre
📞 416-595-2882 ✉ csinfo@camh.ca

Dixie-Bloor Neighbourhood Services
📞 905-629-1873 ✉ info@dixiebloor.ca

Health Line Peel
📞 905-799-7700

Malton Neighbourhood Services
📞 905-677-6270 ☐ www.mnsinfo.org

Mental Health Helpline
📞 1-866-531-2600 ☐ www.mentalhealthhelpline.ca

Multicultural Inter-Agency Group (MIAG)
📞 905-270-6252 ☐ www.miag.ca

National Eating Disorder Info Centre (NEDIC)
📞 1-866-633-4220

Newcomer Centre of Peel
📞 905-306-0577 ✉ info@ncpeel.ca

Service Ontario
📞 1-866-532-3161 ☐ www.serviceontario.ca

Telehealth
📞 1-866-797-0000

Victim Support Line, Ministry of the Attorney General
📞 416-314-2447 📞 1-888-579-2888 ☐ www.ontario.ca

LEGAL/ADVOCACY

ARCH Advocacy Resource Centre
📞 416-482-8255 ☐ www.archdisabilitylaw.ca

Associated Youth Services of Peel
📞 905-890-5222 ☐ www.aysp.ca

CMHA Peel Court Support Services
📞 905-456-4700 x5663 and x5666

Canadian Human Rights Commission
📞 1-888-214-1090 ☐ www.servicecanada.gc.ca

Elizabeth Fry Society
📞 905-459-1315 ✉ efry@efrypeelhalton.ca

John Howard Society
📞 905-459-0111 📞 905-275-9117
📞 519-940-3061 ☐ www.johnhoward.ca

Labour Community Services of Peel
📞 905-696-7444 📞 905-453-1723 ☐ www.lcspeel.bmdlc.org

Legal Aid Ontario
📞 905-453-1723 📞 1-800-531-2227 ☐ www.legalaid.on.ca

Mississauga Community Legal Services
📞 905-896-2050 ☐ www.legalclinicsinpeel.ca

North Peel & Dufferin Community Legal Services serving Brampton, Caledon & Dufferin County
📞 905-455-0160 📞 1-866-455-0160

Ontario Human Rights Commission

☎ 1-800-387-9080 ☐ www.ohrc.on.ca

Psychiatric Patient Advocate Office

☎ 416-327-7000

Public Guardian and Trustee

☎ 416-326-2220

PEER SUPPORT/SELF HELP

Adult Children of Alcoholics

Weekly meetings throughout the GTA.

☎ 416-631-3614 ☐ www.acetoronto.org

Al-Anon and Alateen

12-step program to cope with the effect of someone else's drinking. Alateen is strictly for youth (12 - 20 years).

☎ 416-410-3809 ☎ 1-888-4AL-ANON (1-888-425-2666)
☐ www.al-anon.alateen.on.ca

Alcoholics Anonymous (A.A.)

A self-help organization for people with alcohol abuse problems.

☎ 1-877-404-5591 ☎ 416-487-5391 ☐ www.aatoronto.org

Anxiety Empowered

Tues. 7pm, Heart Lake Presbyterian Church, 25 Ruth Ave., Brampton

☎ 905-846-6657 ✉ info@heartlakechurch.com

CMHA Peel - Recovery West Drop-In

Drop-in, peer support & outreach. Drop-in at Brampton Community Door, 7700 Hurontario St., Unit 601 (north end of plaza), Tues. - Fri. 4-8 pm and Sat. 12-4 pm.

☎ 905-451-3934

Consumer Council

Advocacy council to create a voice for people with mental health issues.

☎ 905-451-1718 x613 ✉ consumercouncil@cmhapeel.ca

Cocaine Anonymous

☎ 1-866-622-4636 ☐ www.ca-on.org

Co-dependents Anonymous

12-step weekly support group for people who are unable to maintain functional relationships. Meets Mondays, 8-9pm, Unitarian Congregation, 84 South Service Rd, Mississauga - Call Angela.

☎ 416-410-2767

Fibromyalgia Support Group

☎ 905-791-2032 ☎ 905-625-6425

✉ fibrosupport@rogers.com

Friends & Advocates Peel

☎ 905-452-1002 ✉ contact@fapeel.org

Gamblers Anonymous

Weekly support group for men and women working to recover from their common gambling problem.

☎ 416-366-7613 ☐ www.gamblersanonymoustoronto.org

Narcotics Anonymous

Weekly, open support group for recovering addicts helping each other stay clean.

☎ 1-888-811-3887 ☐ www.torontona.org

Positive Space Coalition of Peel

A collective of groups, agencies and individuals working to foster a community free of prejudice, that accepts and celebrates the diversity of the lesbian, gay, bisexual, transsexual, transgendered, questioning and queer (LGBTQQ) community in Peel. Call for meeting times and locations.

☎ 905-363-6131 ✉ positivespacepeel@gmail.com

PFLAG Canada

☎ 1-888-530-6777

Recovery Incorporated

Provides self-help groups to people suffering from nervous and emotional stress, panic disorders, depression, etc. A freewill offering is taken at each meeting.

Meetings:

Thursdays - 7:30pm, at Cooksville United Church, 2500 Mimosa Row, Mississauga.

Mondays - 7:00pm, Grace United Church, 156 Main St. N, Brampton (Meeting room posted at front entrance).

☎ (George M.) 905-607-1033

☎ (Roseanne A.) 905-812-7935

Women for Sobriety

Group for women with alcohol or drug dependencies.

☎ 519-307-3307

SENIOR SERVICES

Alzheimer Society of Peel

☎ 905-278-3667 ✉ n.bhamra@alzheimerpeel.com

Elder Help Peel

Ages 55 and up – Social recreational activities.

☎ 905-457-6055 ✉ info@elderhelpeel.org

Flower City Seniors Recreation Centre

☎ 905-874-3500

Government of Canada Services for Seniors

☎ 1-800-0-Canada (1-800-622-6232)

☎ (tty) 1-800-926-9105

Peel Elder Abuse Support / Support line

📞 905-278-3141 📞 1-877-298-5444

Peel Public Health

📞 905-799-7700

Peel Seniors Link

Age 65 and up
📞 905-712-4413

Red Cross Care Partners

📞 1-800-418-1111

The Advocacy Centre for the Elderly

📞 416-598-2656 🌐 www.advocacycentreelderly.org

Trillium Health Partners / Seniors Mental Health Services

📞 416-521-4006

William Osler Geriatric Outreach Program

65 years (or older) reside within the area served by the Central West LHIN. Referred by a Physician or Geriatric Emergency Management (GEM) Nurse.

📞 905-494-6482 📞 905-494-6608

SHELTERS**Angela's Place**

📞 905-791-3887

Cawthra Road Shelter

📞 905-281-1272 📧 Nblessing.Anyanwu@peelregion.ca

Choices Youth Centre

📞 1-866-947-5970

Community Torchlight Emergency Shelter

Guelph / Wellington / Dufferin

📞 519-767-6594 📞 (from area only) 1-888-821-3760

Family Transition Place

📞 905-584-4357 📞 519-941-4357
📞 1-800-265-9178

Our Place Peel II Youth Shelter, Short-term

📞 905-238-1383

Peel Family Shelter

📞 905-272-7061

Street Helpline Peel

📞 1-877-848-8481

Wilkinson Road Shelter / Men only

📞 905-452-1335 📞 905-272-7061

YOUTH**The Dam (Youth Drop-in Centre) / 13 - 19 years**

A safe community for youth and young moms offering love, respect and dignity for all. Two drop-in locations, Meadowvale & Cooksville.

📞 905-826-6558 🌐 www.thedam.org

Dixie Bloor Centre, Mississauga / 13 - 24 years

Newcomer youth community engagement/youth lounge

📞 905-629-1873 x300

ECLYPSE Youth Resource Centre

Multi-service youth drop-in centre.

📞 905-790-7707 📞 905-866-6900

Erin Mills Youth Centre

📞 905-820-3577 📧 info@erinmillsyouthcentre.com

Free For All Foundation / Free

📞 905-499-4486 🌐 www.ffaf.ca

Nexus Youth Centre 12- 24 years

A youth drop-in centre - hang out, meet people, have fun, learn new skills, find information and get help.

📞 905-566-1883 🌐 www.nexusyouth.ca

Peel Youth Village

Mixed-use development incorporating both a residential program and a community centre; built to house youth in transition.

📞 905-791-5576

QX Group / Over 18

A drop-in social and support group for queer and trans adults over the age of 18 who live in Peel Region.

📞 905-602-4082 x455

Youth Beyond Barriers (YBB)

Queer and trans youth, 12 - 18 years

📞 1-800-762-8377 x460

Youth Line

The LGBT Youth Line is a toll-free Ontario-wide peer-support phone line for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people.

📞 1-800-268-9688 (or Text: 📧 647-694-4275) 🌐 www.youthline.ca

SOCIAL/RECREATION**City of Brampton & Mississauga**

📞 311 (within Brampton & Mississauga City limits)

📞 905-874-2000 (Brampton)

📞 905-615-4311 (Mississauga)

Town of Caledon

📞 905-584-2272

1 in 5 people in Peel Region will experience a mental health concern at some point in their lifetime! That could be your friend, family member, or even you. The good news is, with timely care, treatment and support, people affected by mental illness can recover to lead productive and rewarding lives.

At CMHA Peel we believe that the journey to recovery begins with timely access to information and individualized care and support.

**Awareness,
education and support
make the difference.**

Mental illness, unlike other health issues, is not easily diagnosed and seldom does a one-size-fits-all treatment option apply. Increased awareness and access to information ensures that individuals and families know where to turn for help and support.

Make a donation to



**Canadian Mental
Health Association
Peel**
Mental health for all

Your donation supports mental health education and awareness activities and helps to ensure the path to recovery for individuals living with mental illness is easily accessible.

Visit **www.peel.cmha.ca** for more information about our programs and services and to make a secure online donation.



Canadian Mental Health Association Peel Branch (CMHA Peel) is the leading client-driven, community-based mental health organization serving the Region of Peel. In addition to providing a variety of mental health services, we are committed to community development, mental health awareness and addressing the stigma surrounding mental illness.



**Canadian Mental Health Association
Peel**
Mental health for all

**Association canadienne
pour la santé mentale
Peel**
La santé mentale pour tous

CMHA Peel Information and Referrals

Monday - Friday: 9am - 5pm

Canadian Mental Health Association, Peel Branch
7700 Hurontario St., Suite 314
Brampton, ON L6Y 4M3

☎ 905-451-2123
✉ info@cmhapeel.ca

☎ 905-456-7492
🌐 www.peel.cmha.ca

 /CMHAPeel

 @CMHAPeelRegion

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☎ Phone 📱 Mobile ☎ Fax ✉ Email 🌐 Website



CMHA Peel's Quick Guide is generously supported by

