Immediate Supports for Students Who Are Distressed

_I prefer to talk with someone in person:_

**Pathstone Mental Health Hear & Now Walk-In Clinics**
Pathstone’s Hear & Now Walk-In Clinics provide no cost, drop-in, single-session individual counselling to parents or children ages 6 to 17 years. No appointment or OHIP card are required.

- **Beamsville** - Thursdays 11:30am-7:30pm at Fleming Centre, 5020 Serena Drive
- **Fort Erie** - Tuesdays 11:30am-7:30pm at Bridges Community Health Centre, 1485 Garrison Road
- **Grimsby** - Wednesdays 11:30am-7:30pm at Grimsby Public Library, 18 Carnegie Lane
- **Niagara Falls** - Thursdays 11:30am-7:30pm at Niagara Falls Community Health Centre, 4790 Victoria Avenue
- **Niagara-on-the-Lake** - Mondays 11:30am-7:30pm at Red Roof Retreat, 1594 Concession 6 Road
- **Port Colborne** - Wednesdays 11:30am-7:30pm at Bridges Community Health Centre, 380 Elm Street
- **St. Catharines** - Mondays-Thursdays 9:00am-7:00pm and Fridays 9:00am-4:00pm at Branscombe Mental Health Centre, 1338 Fourth Avenue
- **Welland** - Mondays 11:30am-7:30pm at John Howard Society, 225 East Main Street

_pathstonementalhealth.ca/walk-in-clinic_

**Canadian Mental Health Association (CMHA) Niagara Walk-In Clinics**
CMHA’s Walk-In Clinics provide no cost, drop-in, single-session counselling to individuals age 16 years and older. No appointment or OHIP card are required.

- **Fort Erie** – Thursdays from 11:30am-5:30pm at CMHA Fort Erie, 20 Jarvis Street
- **Niagara Falls** – Wednesdays from 11:30am-5:30pm at CMHA Niagara Falls Resource Centre, 6760 Morrison Street
- **St. Catharines** – Tuesdays from 11:30am-5:30pm at Branscombe Mental Health Centre, 1338 Fourth Avenue

_cmhaniagara.ca/ourservices/immediate-services/walk-in-counselling_

**Family Counselling Centre (FCC) Niagara Walk-In Clinic**
FCC Niagara’s Walk-In Clinic provides no cost, drop-in, single-session counselling for individuals of all ages. No appointment or OHIP card are required.

- **Niagara Falls** – Tuesdays from 3:00pm-6:00pm at Heart Niagara, 4635B Queen Street

-www.fccniagara.on.ca/?page_id=3879-
I prefer to talk with someone over the phone, by text, or by live chat:

Kids Help Phone
Kids Help Phone provides confidential, 24/7 professional counselling, information, and resources over the phone, text, or live chat.
Call: 1-800-668-6868
Text: HOME to 686868
Live chat: www.kidshelpphone.ca

LGBT Youth Line
LGBT Youth Line is a confidential, safe, and judgment-free place to talk for lesbian, gay, bisexual, transgender, queer, or questioning youth.
Call: 1-800-268-9688
Text: 647-694-4275
Live chat: www.youthline.ca

Pathstone Crisis Support Line
Pathstone Mental Health provides 24/7 support, information, and professional counselling over the phone.
Call: 1-800-263-4944

Distress Centre Niagara
A 24/7 confidential phone support service for all ages. Highly skilled volunteers listen to concerns, help solve problems, and provide information and referrals.
Call: Fort Erie and area 905-382-0689
Grimsby and West Lincoln 905-563-6674
Port Colborne, Wainfleet, and area 905-734-1212
St. Catharines, Niagara Falls, and area 905-688-3711

Victim Services Niagara Emergency Referral Line
A 24/7 phone service for individuals impacted by criminal, violent, or aggressive acts, or trauma, tragedy, or disaster. A Crisis Responder will offer support and information about services.
Call: 905-682-2626

CARSA Crisis and Information Line
A 24/7 confidential phone support service for individuals affected by sexual violence. A counsellor will offer non-judgmental support, understanding, information, and specific options.
Call: 905-682-4584