



MENTAL HEALTH AND WELL-BEING - K - 12

130 Louth St. • St. Catharines, ON • L2S 2T8 • 905-641-2929 • dsbn.org

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-Thursday 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