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
(tweet) @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@cdvs.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

**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
- comments@turnerporter.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
- info@bereavedfamilies.ca

**Coping Centre**
- 519-650-0852
- 1-877-554-4498

**Heart House Hospice**
- 905-712-8119
- info@hearthouse.com
### COMMUNITY HEALTH CENTRES

<table>
<thead>
<tr>
<th>Centre Name</th>
<th>Phone Numbers</th>
<th>Email/Website</th>
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</thead>
<tbody>
<tr>
<td>Bramalea Community Health Centre</td>
<td>905-451-8090</td>
<td></td>
</tr>
<tr>
<td>East Mississauga Community Health Centre</td>
<td>905-602-4082</td>
<td><a href="mailto:mississauga@lampchc.org">mississauga@lampchc.org</a></td>
</tr>
<tr>
<td>Four Corners Malton</td>
<td>905-677-9599</td>
<td></td>
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### COUNSELLING

<table>
<thead>
<tr>
<th>Counselling Service</th>
<th>Phone Numbers</th>
<th>Email/Website</th>
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</thead>
<tbody>
<tr>
<td>Associated Youth Services of Peel</td>
<td>905-451-4655</td>
<td></td>
</tr>
<tr>
<td>Canadian Hearing Society</td>
<td>905-608-0271</td>
<td><a href="mailto:info@chs.ca">info@chs.ca</a></td>
</tr>
<tr>
<td>Catholic Family Services of Peel Dufferin</td>
<td>905-450-1608</td>
<td></td>
</tr>
<tr>
<td>Dufferin Child &amp; Family Services</td>
<td>905-897-1644</td>
<td></td>
</tr>
<tr>
<td>Elizabeth Fry Society of Peel-Halton</td>
<td>905-459-1315</td>
<td>efrypeelhalton.ca</td>
</tr>
<tr>
<td>Family Services of Peel</td>
<td>905-453-5775</td>
<td><a href="mailto:fsp@fspeel.org">fsp@fspeel.org</a></td>
</tr>
<tr>
<td>Family Transition Place</td>
<td>1-800-265-9178</td>
<td>adminfamilytransition.ca</td>
</tr>
<tr>
<td>Salvation Army Mississauga Branch</td>
<td>905-279-3941</td>
<td></td>
</tr>
<tr>
<td>Tangerine Walk-in Counselling</td>
<td>905-795-3530</td>
<td>tangerinewalkin.com</td>
</tr>
<tr>
<td>The Learning Disabilities Association</td>
<td>905-791-4100</td>
<td>ldapr.ca</td>
</tr>
<tr>
<td>Vita Centre</td>
<td>905-502-7933</td>
<td><a href="mailto:deborah@vitamanor.org">deborah@vitamanor.org</a></td>
</tr>
</tbody>
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### CRISIS SERVICES

<table>
<thead>
<tr>
<th>Crisis Service</th>
<th>Phone Numbers</th>
<th>Other Numbers</th>
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</thead>
<tbody>
<tr>
<td>24.7 Crisis Support Peel</td>
<td>905-278-9036</td>
<td>Caledon 1-888-811-2222</td>
</tr>
<tr>
<td>Community Torchlight Crisis Line</td>
<td>519-821-0140</td>
<td>Guelph / Wellington / Dufferin</td>
</tr>
<tr>
<td>Youthdale Crisis</td>
<td>416-363-9990</td>
<td>from area only 1-877-822-0140</td>
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### CULTURALLY BASED SERVICES

<table>
<thead>
<tr>
<th>Cultural Service</th>
<th>Phone Numbers</th>
<th>Other Numbers</th>
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<tbody>
<tr>
<td>African Community Services of Peel</td>
<td>905-460-9514</td>
<td></td>
</tr>
<tr>
<td>Brampton Multicultural Community Centre</td>
<td>905-790-8482</td>
<td>905-828-1328</td>
</tr>
<tr>
<td>Catholic Cross-cultural Services</td>
<td>905-457-7740</td>
<td>905-273-4140</td>
</tr>
<tr>
<td><strong>India Rainbow Community Services of Peel</strong></td>
<td>Counselling services available</td>
<td></td>
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<td>---------------------------------------------</td>
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<td></td>
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<tr>
<td>905-459-4776</td>
<td>905-275-2369</td>
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<thead>
<tr>
<th><strong>Muslim Community Services</strong></th>
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<tbody>
<tr>
<td>(Brampton North) 905-790-1910</td>
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<table>
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<tr>
<th><strong>Ontario Inter-Cultural Community Services</strong></th>
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<tbody>
<tr>
<td>905-696-9963</td>
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<thead>
<tr>
<th><strong>PCHS (Punjabi Community Health Services)</strong></th>
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<tbody>
<tr>
<td>905-790-0808</td>
</tr>
<tr>
<td><a href="mailto:admin.brampton@pchs4u.com">admin.brampton@pchs4u.com</a></td>
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<tr>
<th><strong>South Asian Welcome Centre Inc.</strong></th>
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<tbody>
<tr>
<td>905-790-0676</td>
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<tr>
<th><strong>DISTRESS LINES</strong></th>
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<table>
<thead>
<tr>
<th><strong>Distress Centre Peel</strong></th>
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<tbody>
<tr>
<td>905-278-7208</td>
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<table>
<thead>
<tr>
<th><strong>Community Torchlight Youth Support Line</strong></th>
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<tbody>
<tr>
<td>Guelph / Wellington / Dufferin</td>
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<tr>
<td>519-821-5469</td>
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<tr>
<th><strong>Kids Help Phone</strong></th>
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<tbody>
<tr>
<td>1-800-668-6868</td>
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<tr>
<th><strong>Peel Postpartum Family Support Line / Monday 10am – 10pm</strong></th>
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<tbody>
<tr>
<td>905-459-8441</td>
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<tr>
<th><strong>Spectra Community Support Services</strong> (Formerly Telecare Distress Centre)</th>
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<tbody>
<tr>
<td>Multilingual lines – Mon. - Fri. 10am-10pm Cantonese, Hindi, Mandarin, Portuguese, Punjabi, Spanish, Urdu.</td>
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<tr>
<td>905-459-7777</td>
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<tr>
<td>905-459-8439</td>
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<tr>
<th><strong>Telecheck</strong></th>
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<tbody>
<tr>
<td>55 years+ English, French, Hindi, Portuguese, Punjabi, Spanish, Urdu Daily check-in, med reminders, etc.</td>
</tr>
<tr>
<td>416-646-8450</td>
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<thead>
<tr>
<th><strong>Square One / Older Adult Centre Telephone Reassurance Program</strong></th>
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<tbody>
<tr>
<td>50+ Daily contact for adults in Mississauga concerned about safety &amp; isolation.</td>
</tr>
<tr>
<td>905-615-3207</td>
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<tr>
<th><strong>The Warm Line / 8am – midnight</strong></th>
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<tbody>
<tr>
<td>416-960-WARM</td>
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<tr>
<th><strong>EMPLOYMENT/VOCATIONAL</strong></th>
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<tr>
<th><strong>ACCES Employment / 8am – midnight</strong></th>
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<tbody>
<tr>
<td>905-454-2316</td>
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<tr>
<td><a href="http://www.accesemployment.ca">www.accesemployment.ca</a></td>
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<thead>
<tr>
<th><strong>Employment Ontario Hotline / 8am – midnight</strong></th>
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<tbody>
<tr>
<td>1-800-387-5656</td>
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<thead>
<tr>
<th><strong>Employment Access / Disabilities</strong></th>
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<tbody>
<tr>
<td>905-459-7890</td>
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<tr>
<th><strong>Employment Resources Centre (Peel Youth Village)</strong></th>
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<tbody>
<tr>
<td>905-791-5576</td>
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<tr>
<th><strong>John Howard Society Employment Services</strong></th>
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<tbody>
<tr>
<td>905-459-0111</td>
</tr>
<tr>
<td>johnhowardphd.ca</td>
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<tr>
<th><strong>Peel Career Assessment Services Inc.</strong></th>
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<tbody>
<tr>
<td>905-670-1967</td>
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<tr>
<th><strong>Ready, Willing and Able / Family Services of Peel</strong></th>
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<tbody>
<tr>
<td>905-453-5775</td>
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<tr>
<th><strong>Volunteer MBC</strong></th>
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<tbody>
<tr>
<td>905-238-2622</td>
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<tr>
<th><strong>YMCA Youth Employment Services</strong></th>
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<tbody>
<tr>
<td>905-276-9322</td>
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<tr>
<th><strong>FAMILY SUPPORT</strong></th>
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<tr>
<th><strong>Association of Parent Support Groups of Ontario</strong></th>
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<tbody>
<tr>
<td>Self-help and support groups for parents of disruptive youth with weekly meetings in Bolton, Brampton, and Mississauga.</td>
</tr>
<tr>
<td>1-800-488-5666</td>
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<thead>
<tr>
<th><strong>Children's Mental Health of Ontario</strong></th>
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<tbody>
<tr>
<td>Assists families of people with schizophrenia through supportive services.</td>
</tr>
<tr>
<td>416-921-2109</td>
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<thead>
<tr>
<th><strong>Family Association for Mental Health Everywhere (FAME)</strong></th>
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<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td>905-488-7716</td>
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<thead>
<tr>
<th><strong>Family Education Centre</strong></th>
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<tbody>
<tr>
<td>905-452-0332</td>
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<table>
<thead>
<tr>
<th><strong>Schizophrenia Society of Ontario, Halton Peel</strong></th>
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</thead>
<tbody>
<tr>
<td>Assists families of people with schizophrenia through supportive services.</td>
</tr>
<tr>
<td>905-338-2112</td>
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<tr>
<th><strong>FINANCIAL SUPPORT</strong></th>
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<tr>
<th><strong>Ontario Works (Region of Peel)</strong></th>
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<tbody>
<tr>
<td>905-793-9200</td>
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<thead>
<tr>
<th><strong>Ontario Disability Support Program (ODSP) - (MCSS)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>905-460-5025</td>
</tr>
</tbody>
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### FOOD BANKS

- **Caledon Food Bank**  
  - Phone: 905-951-2300  
  - Email: info@ccs4u.org

- **The Compass**  
  - Phone: 905-274-9309  
  - Email: info@thecompass.ca

- **Eden Food Bank**  
  - Phone: 905-785-3651  
  - Email: info@edenfoodbank.org

- **Foodpath**  
  - Phone: 905-270-5589  
  - Email: info@thmississaugafoodbank.org

- **Knight’s Table**  
  - Phone: 905-454-8725

- **The Open Door**  
  - Phone: 905-276-9136  
  - Email: theopendoor@hotmail.com

- **Salvation Army**  
  - Phone: 905-451-8840  
  - Phones: 905-279-3941, 519-943-1203

- **St. Louise Outreach**  
  - Phone: 905-454-2144  
  - Email: www.stelouisefoodbank.ca

- **St. John of the Cross Food Pantry**  
  - Phone: 905-821-1331

- **Shepherd’s Cupboard**  
  - Phone: 519-925-2600 x350

- **Seva Food Bank**  
  - Phone: 905-361-7382  
  - Email: www.sevafoodbank.com

- **ICNA Relief Canada**  
  - Address: 4-6120 Montevideo Rd. Mississauga, ON L5N 3W5  
  - Phone: 905-858-1067  
  - Email: www.icnareliefcanada.ca

- **Malton Neighbourhood Services - Food Pantry**  
  - Phone: 905-677-6270  
  - Email: www.mnsinfo.org

- **Meals on Wheels**  
  - Provides nutritious meals to seniors and people with disabilities who can’t prepare meals for themselves.  
  - Phone: 905-453-4140, 905-820-4026, 905-857-7651  
  - Email: www.mealsonwheels.ca

- **New Life Covenant Food Pantry**  
  - Phone: 905-453-6165

### GOVERNMENT/HEALTH SYSTEM

- **Central West Local Health Integration Network (LHIN)**  
  - Phone: 905-455-1281  
  - Email: centralwest@ihns.on.ca

- **Health Canada, Ontario Region Info Line**  
  - Phone: 416-973-4389

### HOMELESSNESS

- **Lakeshore Community Outreach Centre, the Compass**  
  - Phone: 905-274-9309

- **Peel Street Helpline**  
  - Phone: 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.  
  - Phone: 905-796-5888  
  - Email: info@regenbrampton.com

- **Salvation Army Family Life Resource Centre**  
  - Phone: 905-451-4115  
  - Email: 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  
  - Email: info@camh.ca

- **Child, Youth and Family Program**  
  - / Mood and Anxiety Service  
  - Phone: 416-535-8501 x4366

- **Psychogeriatric Assessment Consultation & Education (PACE Peel)**  
  - / North of Hwy 401  
  - Phone: 416-535-8501 x7716

- **Trillium Health Partners**  
  - / Credit Valley Hospital  
  - Phone: 905-813-2200

- **Trillium Health Partners**  
  - / Mississauga Hospital  
  - Phone: 905-848-7100

- **William Osler Health System**  
  - / Brampton Civic Hospital  
  - Phone: 905-494-2120
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  3236  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

William Osler Health System / Etobicoke General Hospital
905-494-2120  www.williamoslerhs.ca

Mental Health Intake / Etobicoke General Hospital
905-494-2120  3236  www.williamoslerhs.ca
Child & Adolescent Services / Birth - 18 years
905-451-4655  www.williamoslerhs.ca

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

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  5663 and 5666

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

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

John Howard Society

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

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

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@elderhelppeel.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**

**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](http://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.

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

Highlighted Colour Legend
Youth Services
Senior Services

Contact/Symbol Legend
Phone  Mobile  Fax  Email  Website

CMHA Peel’s Quick Guide is generously supported by