

## Mental Health Resources in Niagara

### Mindfulness, Meditation, Coping Skills for Caregivers:

**Family Mental Health Support Network of Niagara**

<http://www.familysupportniagara.com/>

(905) 894-6808

Email: [contact@familysupportniagara.com](mailto:contact@familysupportniagara.com)

### Distress lines:

**Distress Centre Niagara [www.distresscentreniagara.com](http://www.distresscentreniagara.com)**

If you are depressed, in distress, or in crisis, call the Distress Centre.

For immediate help in the Niagara region please call our 24 hour help line.

\* St. Catharines, Niagara Falls And Area - 905-688-3711

\* Port Colborne, Wainfleet and Area - 905-734-1212

\* Fort Erie and Area - 905-382-0689

\* Grimsby, West Lincoln - 905-563-6674

### Youth Services:

**Pathstone Mental Health (Pathstone)**

Ages served: Up to 18 years

Services Include:

. Crisis Counselling. Family Support. Referrals to Resources. Advocacy. Community Information, Workshops. Access to psychiatric consultation. Crisis Bed

Area Served: Niagara Regional Municipality

3340 Schmon Parkway

Thorold, ON, L2V 4Y6 Map

905-688-6850

905-684-3407 (Toll Free)

1-800-263-4944 (Crisis Line)

[www.pathstonementalhealth.ca](http://www.pathstonementalhealth.ca)

### **Rainbow Youth Niagara / Niagara Pride Support Services (RYN)**

Various supports and services for GLBTQ youth in the Niagara region including drop-in sessions and counselling. Services for professionals and agencies include workshops and presentations. more

3340 Schmon Parkway, Thorold, ON, L2V 4Y6 Map

905-688-6850 x128

<http://www.niagarapride.ca/>

Area Served: Niagara Regional Municipality

**Resource:** (<https://www.ementalhealth.ca/>

## **Shelter:**

### **Hostel Shelter**

Program/Service of : Resource Association for Teens (RAFT)

The Hostel Shelter is open 24 hours a day, seven days a week. The Hostel provides a clean bed, showers, Clothing Closet and Food Cupboard and warm healthy meals. The Hostel Shelter also provides all of the services offered at the Drop In Centre including: Steps to Independent Living Program, recreation activities, support and mentorship, internet and phone access, as well as assistance in connecting to many support services offered in the community, such as employment, education and housing assistance

17 Centre Street, St. Catharines, ON, Map

[www.theraft.ca/Hostel.html](http://www.theraft.ca/Hostel.html)

905-984-4365

Ages served: All ages

Languages served: English

Fees: None

### **Safe beds (Canadian Mental Health Association Niagara)**

Safe Beds offers an alternative to hospitalization in a crisis situation. There are eleven beds available with two Crisis Workers on shift 24/7 for support. This is a voluntary, non-medical facility that offers crisis counselling and a safe therapeutic environment for individuals to stay on a short-term basis in order to work through their crisis.

Individuals interested in the Safe Beds Program can contact the Mental Health and Addictions Access Line at 1-866-550-5205, Extension 2.

<https://cmhaniagara.ca/safebeds/>

## **Jobs and education:**

### **John Howard Society of Niagara (JHS Niagara)**

The programs and services offered through the JHS Niagara reflect our continued commitment to improve our communities through Justice, Prevention, Employment and Education.

210 King Street

St. Catharines, ON, L2R 3J9 Map

905-682-2657

[www.jhs-niagara.com](http://www.jhs-niagara.com)

### **Start Me Up Niagara**

Working Together, Moving Forward

17 Gale Cres, St Catharines ON L2R 3K8 · ~2.5 km

905-984-5310

<https://startmeupniagara.ca/>

## **Food/Meals**

### **Out of the cold Niagara**

Out of the Cold launched it's annual program of hot meals and over night shelter in St. Catharines.

Diocese of St. Catharines

For more information and volunteering call 905-641-2249 or 905-984-5310

Niagara Falls Community Outreach: 905-354-1640

<http://www.saintcd.com/out-of-the-cold-schedule/>

## **Clothing**

### **Community Care of St. Catharines and Thorold**

<http://www.communitycaresca.ca/>

905-685-1349

## **Addiction and gambling**

### **Cason (Community Addiction Services of Niagara)**

60 James Street, Suite # 401 , St. Catharines, ON L2R 7E7

(905) 684-1183

<https://cason.ca/>

## **Peer Support**

### **Consumer Survivor Initiative of Niagara**

B-178 King St, Welland, ON, L3B 3J5

905-732-4498

<http://initiativeniagara.ca/>

### **BRAIN INJURY ASSOCIATION OF NIAGARA**

300 Bunting Road, Unit #4, St. Catharines ON L2M 7X3.

pat@bianiagara.org

(905) 646-2426

<https://www.bianiagara.org/peer-support-program>