

# Services for youth

Niagara  Region

## Crisis

|   |                |
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| <b>Distress Centre Niagara:</b> 24-hour distress line   |                |
| <b>St. Catharines/Niagara Falls</b>   | 905-688-3711   |
| <b>Port Colborne/Wainfleet</b>  | 905-734-1212   |
| <b>Fort Erie</b>  | 905-382-0689   |
| <b>Grimsby/West Lincoln</b>   | 905-563-6674   |
| <b>Pathstone Mental Health:</b> telephone counselling and crisis services for youth                     | 1-800-263-4944 |
| <b>Mental Health &amp; Addictions Access Line:</b> connect with mental health and/or addictions support | 1-866-550-5205 |
| <b>Kids Help Phone:</b> 24-hour help for ages five to 20<br><b>kidshelpphone.ca</b>                     | 1-800-668-6868 |
| <b>Niagara Region Sexual Assault Centre:</b> 24-hour, 16 & up<br><b>sexualassaultniagara.org</b>        | 905-682-4584   |

## Counselling and Support Services

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| <b>Family and Children's Services Niagara:</b> support & protection for children up to 16<br><b>facsniaagara.on.ca</b>  | 905-937-7731                   |
| <b>Kristen French Child Advocacy Centre Niagara:</b> for children up to age 16 who have been abused; counselling available<br><b>kristenfrenchcacn.org</b>                | 905-937-5435                   |
| <b>Niagara Region Mental Health</b><br>Early Psychosis Intervention (14-35 years)<br>Youth Mental Health & Addiction Service (16-25 years)<br><b>www.niagararegion.ca</b> | 905-688-2854 ext. 7262         |
| <b>Contact Niagara:</b> connect to community services for mental health and development for children up to 18<br><b>contactniagara.org</b>                                | 905-684-3407 or 1-800-933-3617 |
| <b>Quest Community Health Centre - Rainbow Youth Niagara:</b> individual, group support and social activities for sexually and gender diverse youth<br><b>questchc.ca</b> | 905-688-2558 ext. 222          |
| <b>LGBT Youth Line:</b> anonymous, confidential, peer support line<br><b>youthline.ca</b>   | 1-800-268-9688                 |
| <b>Pathstone Hear &amp; Now Walk-In Clinic:</b> walk-in mental health counselling for ages six to 17.<br><b>pathstonementalhealth.ca/walk-in-clinic/</b>                  |                                |

## Pregnancy

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| <b>Strive Niagara:</b> supports for young moms and families going to school<br><b>striveniagara.ca</b> | 905-735-2566 |
| <b>Prenatal Classes (Public Health):</b><br><b>parents@niagararegion.ca</b>                            | 905-684-7555 |
| <b>Nurse Family Partnership:</b><br><b>parents@niagararegion.ca</b>                                    | 905-684-7555 |

## Sexual Health

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| <b>Sexual Health Centres (Public Health):</b> confidential information, counselling and clinic services<br><b>Fort Erie, Niagara Falls, St. Catharines, Welland</b> | 905-688-3817 or 1-800-263-5757 |
| <b>Positive Living Niagara:</b> support for those affected by HIV and AIDS<br><b>positivelivingniagara.com</b>  | 905-984-8684                   |

## Recreation, Drop-in Centres & Shelters

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| <b>The FORT:</b> drop-in for grades 9-12 and after-school program for grades 7-9<br><b>Grimsby</b><br><b>Smithville</b>   | <b>thefortyouthcentre.com</b><br>905-309-3678<br>905-957-1991 |
| <b>The RAFT (St. Catharines):</b> youth centre and emergency shelter<br><b>theraft.ca</b>   | 905-984-4365  |
| <b>YMCA</b>   | <b>ymcaofniagara.org</b>                                      |
| <b>YWCA Emergency Housing Facilities:</b> shelter for women 16 years and older and their children; life skills program<br><b>St. Catharines</b><br><b>Niagara Falls</b> | 905-988-3528 ext. 3228<br>905-357-9191 ext. 4025              |
| <b>Nightlight Youth Shelter:</b> Niagara Falls<br><b>boysandgirlsclubniagara.org</b>  | 905-358-3678  |

## Substance Misuse & Addiction

**Alateen/Al-Anon:** for teens affected by someone else's drinking  
[al-anon.org](http://al-anon.org) 905-328-1677 or 1-888-425-2666

**Community Addiction Services of Niagara:** assessments, treatment planning, counselling, and referrals  
[cason.ca](http://cason.ca) 905-684-1183

**Telehealth:** smoking cessation services 1-866-797-0000  
**Smoker's Helpline:** Text iQUIT to 123456  
[smokershelpline.ca](http://smokershelpline.ca)

**Youthbet:** problem gambling [youthbet.com](http://youthbet.com)

## Health

**Niagara Region Public Health:** connect with a school nurse  
905-688-8248 ext. 7379 or 1-888-505-6074 ext. 7379

**Dental care:** dental programs and services for children and youth up to 17  
905-688-8248 ext. 7399 or 1-888-505-6074 ext. 7399

**Health Bus Outreach:** nurse who provides services at various locations 905-688-8248 ext. 7512

**Centre de santé Communautaire:** services for French-speaking clients including primary care, prenatal, nutrition, youth programs, settlement services, programs for victims of violence, addiction and mental health counselling  
[www.cschn.ca](http://www.cschn.ca) 905-734-1141

## Food Banks

**Community Care:**  
**West Niagara** 905-563-5822  
**St. Catharines** 905-685-1349  
**Thorold** 905-227-9240  
**West Lincoln** 905-957-5882

**Newark Neighbours:** Niagara-on-the-Lake 905-468-3519

**Salvation Army Community and Family Services:**  
**Niagara Falls** 905-358-8394  
**Fort Erie** 905-871-1592  
**St. Catharines** 905-935-4311  
**Welland** 905-735-5700

**Pelham Cares**  
[pelhamcares.org](http://pelhamcares.org) 905-892-5300

**The HOPE Centre:** Welland  
[thehopecentre.net](http://thehopecentre.net) 905-788-0744

**Project SHARE:** Niagara Falls  
[projectshare.ca](http://projectshare.ca) 905-357-5121

**Community Outreach Program (COPE):** Fort Erie  
905-871-2526

**Grimsby Benevolent Fund**  
[gbfgrimsby.com](http://gbfgrimsby.com) 905-309-5664

**Port Cares Reach Out Centre:** Port Colborne  
[portcares.on.ca](http://portcares.on.ca) 905-835-1914

**Open Arms Mission:** Welland  
[openarmsmissionwelland.com](http://openarmsmissionwelland.com) 905-788-3800

## Jobs & Money

**Ontario Works:** financial support (welfare) for basic needs.  
Niagara Region Community Services 905-641-9230

**Job Gym:** employment and career guidance [jobgym.com](http://jobgym.com)  
**Fort Erie** 905-871-3932  
**Welland** 905-732-7655

**CERF Niagara:** Francophone employment and resource centre  
[cerfniagara.com](http://cerfniagara.com)  
**Welland** 905-714-1480

## Self-Help Apps

**Self-help apps should not replace assessment/treatment but may help you while you wait for an appointment.**

**Mind Your Mood:** track your moods and get a 'mood report'  
[mindyourmind.ca](http://mindyourmind.ca)

**Always There:** space for youth to share thoughts and feelings to help cope with stress - can connect directly with a counsellor  
[kidshelpphone.ca](http://kidshelpphone.ca)

**MindShift:** strategies to deal with anxieties and fears around test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict  
[youth.anxietybc.com](http://youth.anxietybc.com)

**Smiling Mind:** modern meditation for young people, a simple tool that puts a smile on your mind anytime  
[smilingmind.com.au](http://smilingmind.com.au)

**Still not sure who to call?**  
Call INCommunities for a free,  
confidential, 24-hour line. **Dial 211**  
[niagararegion.ca](http://niagararegion.ca)