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CONTACTS :

Kids Help Phone-1(800)668-6868 Kidshelpphone.ca

Peel Crisis Services (905) 278-9036

\*includes a MOBILE crisis unit

Canadian Mental Health Association

****Referral: 905-451-2123****

[**info@cmhapeel.ca**](mailto:info@cmhapeel.ca)

In Crisis:

Under 18 years, call: **416-410-8615**  
Over 16 years, call: **905-278-9036**

Peel Children’s Centre Crisis Response Service (905) 410-8615

Associated Youth Services of Peel   
<http://www.aysp.ca>

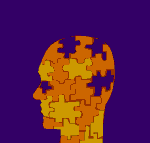
Nexus Youth Services   
<http://www.peelcc.org/nexus-services>

Tangerine Walk-In Counselling   
<http://www.tangerinewalkin.com/>

**Trillium Health Centre**(905)451-4655 **Credit Valley** (905)848-7484 - **Child and Adolescent Mental Health Services** \*requires Doctor referral

William Osler Health Centre - Child & Adolescent Mental Health Clinic, Day Hospital and In-Patient Unit   
<http://www.williamoslerhc.on.ca>

Youth Net Peel (a youth-empowering program offered by and for youth)   
<http://cmhapeel.ca/youthnet.htm>

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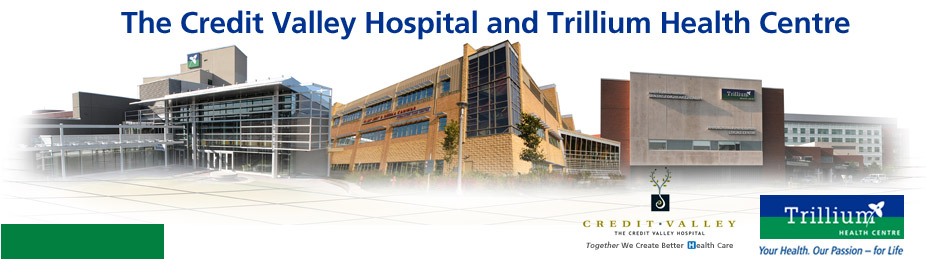
 

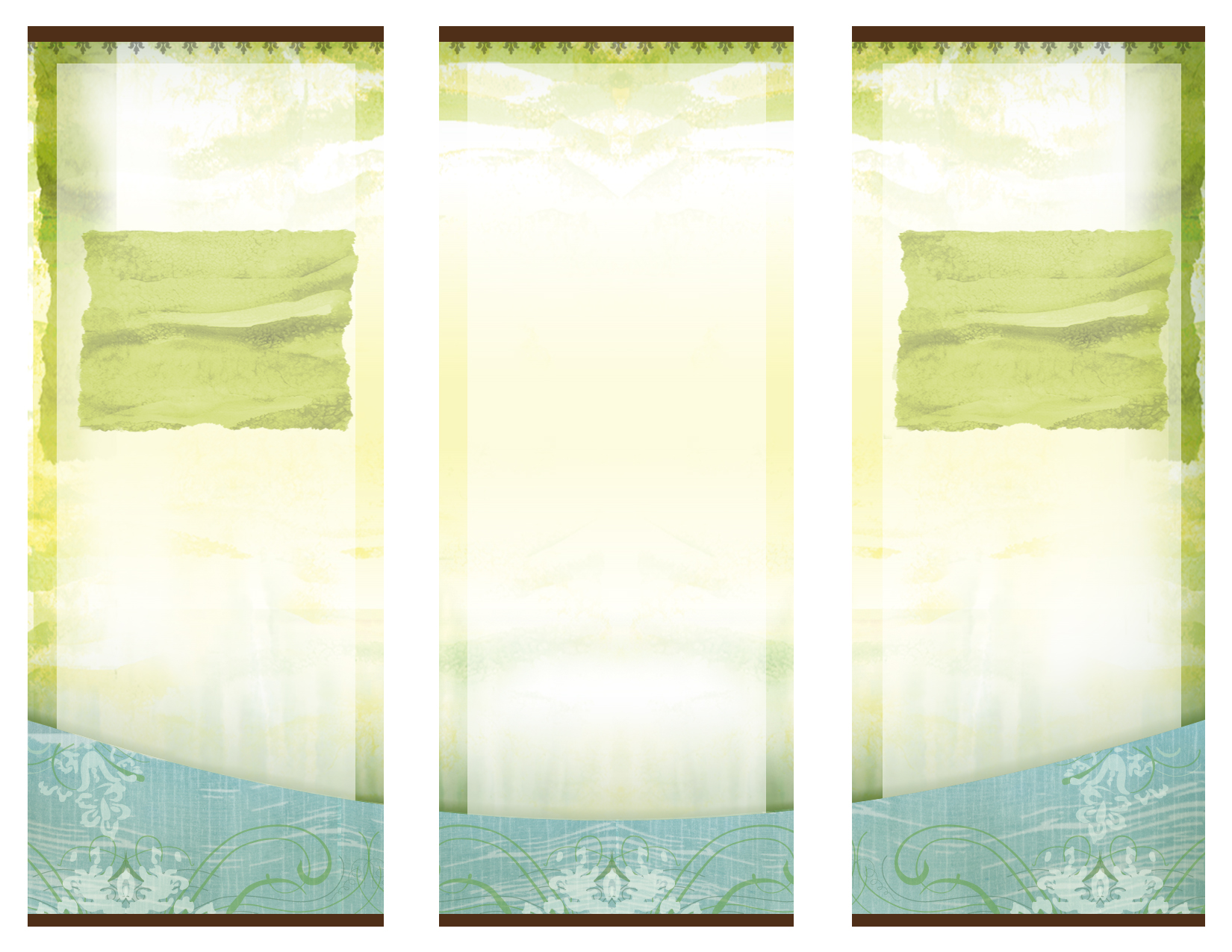
[](http://cmhapeel.ca/index.htm)

[](http://www.peelcc.org/) 







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#### SUPPORT IN SCHOOL

**SOCIAL WORKERS**

**SUPPORT SERVICES PERSONNEL:**

* Social Worker (SW)
* Child and Youth Worker (CYW)
* Psycho-educational consultant
* Referral through guidance counselor, administrator, teacher, parents/guardians

***Services Offered:***

* Direct counseling
* Consultation for students and families
* Connecting with resources and outside agencies

Mental Health affects our daily lives. It can affect our personal relationships, our school work, and our home life. There are a lot of services available in the Peel Region to help individuals who have mental health concerns.

**REASONS YOU MAY DECIDE YOU NEED HELP:**

* feeling overwhelmed by feelings of anger or despair (hopeless)
* feeling sick; missing school
* family based conflict
* drinking or having some other drug-related problem
* suicidal thoughts or feelings
* loss of energy, difficulty concentrating, avoiding other people
* experiencing a major loss that you are having trouble dealing with **(Adapted from The Canadian Mental Health Association)**

**SOLACE PROGRAM**

* Section 23 Program
* For students who have symptoms of a mood and/or anxiety disorder that is affecting school functioning
* Referral via SW and school team

**SANCTUARY PROGRAM**

* Students who may be suffering from anxiety and/or depression
* Referral via school SW
* Through Archbishop Romero S.S.

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#### ARE YOU OR IS SOMEONE YOU KNOW IN NEED OF HELP?



#### DUFFERIN-PEEL

PROGRAMS/ SERVICES