

## MENTAL HEALTH THERAPY INFORMATION



### Here 24/7

[www.here247.ca](http://www.here247.ca)

1-844-437-3247

1-844-437-32 Provides **CRISIS SUPPORT** as well as intake, assessment, referral, and appointment booking for mental health services 24 hours a day, 7 days a week.

### Big White Wall

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

Online mental health support including anonymous peer support, 24/7 moderation by clinically trained 'Wall Guides', self-guided courses, plus self-improvement tools and resources

### Bounce Back

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

1-866-345-0224

Free skill-building program helping adults and youth 15+ manage symptoms of depression and anxiety.

### Take Charge

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

1-866-337-3318

This 6 week workshop is for people with any ongoing chronic health condition. It is led by certified Peer Leaders in a community setting.

### Women in Crisis 24 hour Crisis Line & Shelter

519-836-5710

Sexual Assault Centre

519-823-5806

Rural Women's Support Program

519-843-6834

### Guelph Wellington Legal Clinic

519-821-2100

Assistance with accessing/completing CPP-D, ODSP, OW forms, housing information, legal aid certificates, power of attorney

### Wellington, Dufferin, Guelph Public Health

519-846-2715 or

Post-partum mood disorders, home visits, parenting, Kids Line and other programs

1-800-265-7293

### Compass Community Services

Guelph, Fergus & Mount Forest

519-824-2431

One-on-one same day mental-health services are available through Quick Access Counselling in Mount Forest and Walk In Counselling Clinic in Fergus and Guelph. **Fergus:** Thursdays, 1-7pm, 900 Tower St South (entrance between Marks Work Warehouse and Pet Valu); **Mount Forest:** Mondays 9am – 5pm, Claire Stewart Clinic; **Guelph:** Wednesdays 1-7pm, 20 Shelldale Cres.

### Couple & Family Therapy Centre

University of Guelph

519-824-4120

Individual, Couple, Family and Counseling for Children; Treatment of Sexual Dysfunction

Ext. 56335

### Centre for Psychological Services

University of Guelph

519-824-4120

Assessments and treatment of children, adolescents and adults (fee for service)

Ext. 52601

### Psychology Today

[www.psychologytoday.com/Ontario/Therapists](http://www.psychologytoday.com/Ontario/Therapists)

Directory of private therapists, psychologists and counselors