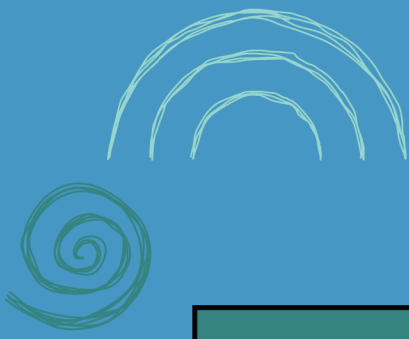
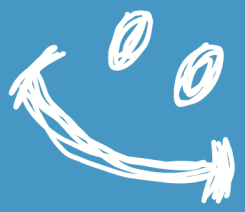
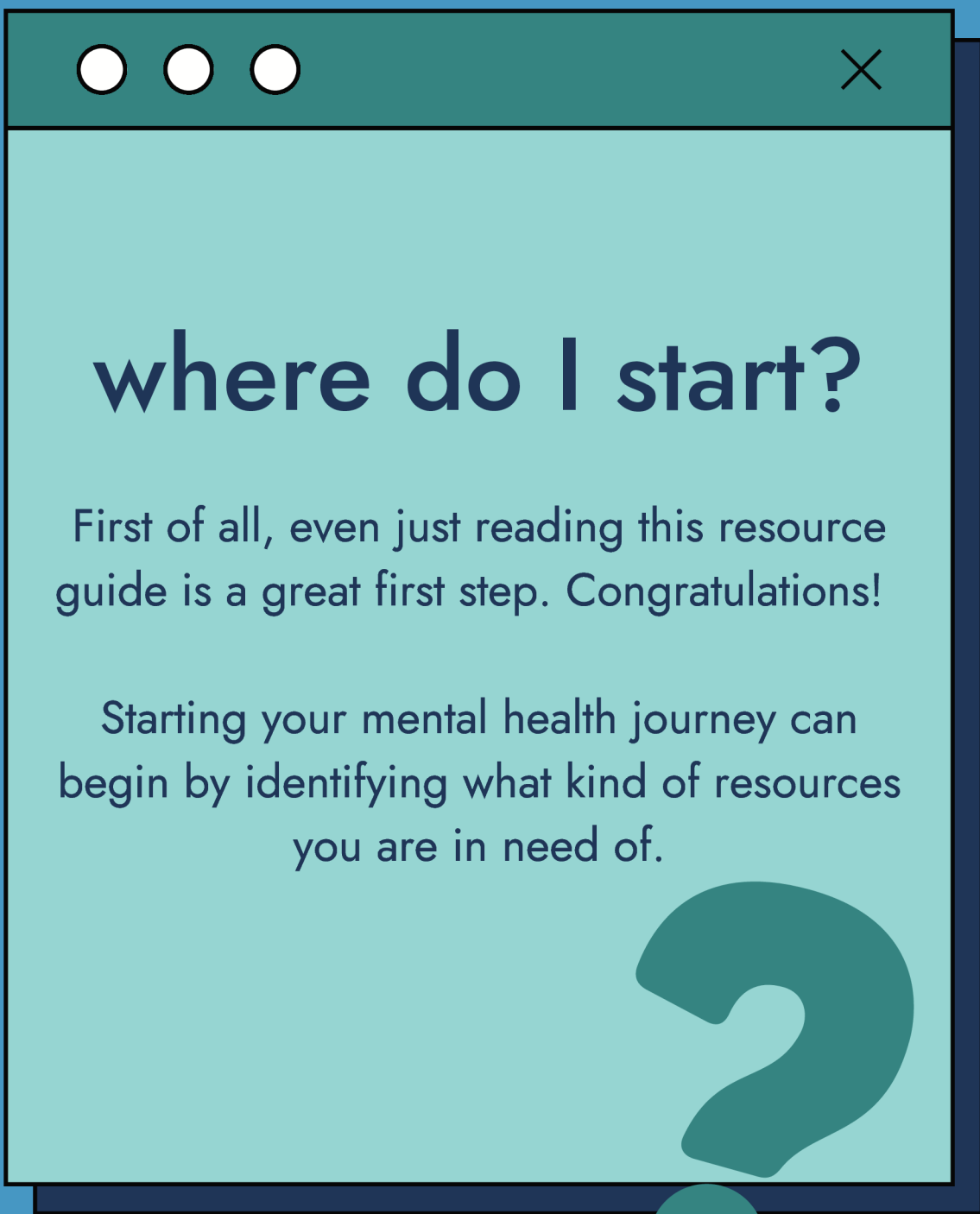


YOUTH *MENTAL HEALTH* RESOURCE GUIDE

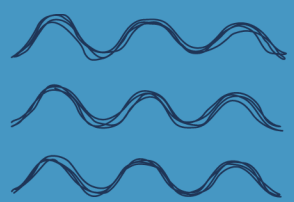


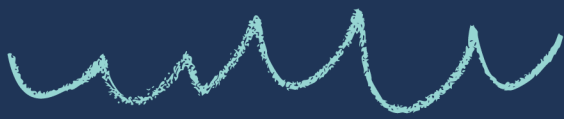


where do I start?

First of all, even just reading this resource guide is a great first step. Congratulations!

Starting your mental health journey can begin by identifying what kind of resources you are in need of.





what am I looking for?

If you are looking
for multiple therapy
sessions...



there are some low cost or free resources
available in this resource. You can also find
local therapists that offer reduced rate or
sliding scale therapy sessions on the website
Psychology Today

If you want a bit of
extra support...



try single session therapy options (available
online and in person)

If you are in crisis...



please see the emergency 24/7 resources
listed below or call 911



If you aren't ready
for therapy yet...



you can try building your self care routine to
prevent burnout, engage in hobbies that
bring you joy, and connecting with your
support system

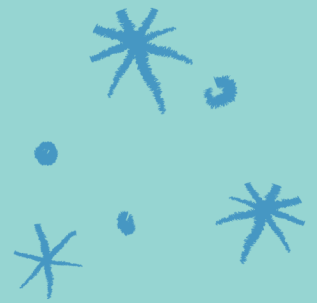
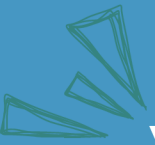




what can I expect?

Depending on where you reach out for support, the process can look slightly different but is generally the same:

1. Begin with a quick intake to quickly get to know you and why you are seeking mental health services.
2. From there, you are matched with a mental health professional to best fit your needs.
3. In your first session together, the professional will work with you to create a plan that fits your goals.



what do I talk about?

You can talk about anything you want when accessing mental health services. There is no wrong way to do therapy!

The most common things talked about in therapy are past events and experiences, relationships, life transitions, emotions, and self-reflection.

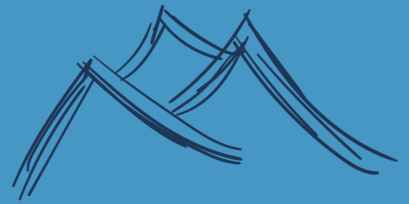
when do I get help?



Whenever you feel ready! There can be some nerves about accessing mental health services but don't let them get in the way of seeking support.

*Please note that most agencies offering low cost/free mental health services often have a waitlist that can be a couple months long.

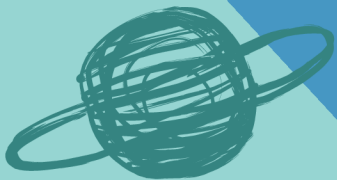




where do I get help?

Emergency 24/7 Resources:

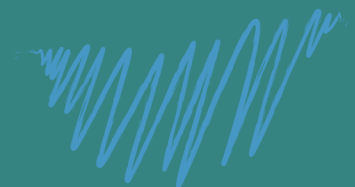
- Suicide Crisis Helpline
 - call or text 988 or visit 988.ca
- Crisis Outreach and Support Team (COAST)
 - call 905-972-8338
- Kids Help Phone
 - call 1-800-668-6868, text CONNECT to 686868, or message online through the website

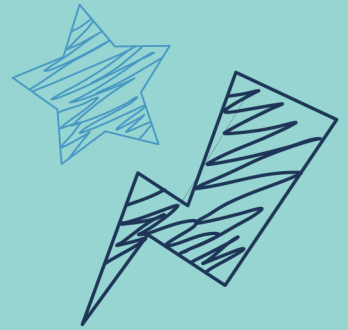




Online/Video/Phone Support:

- BounceBack Program: CMHA (15+)
 - a free skill building program to manage low mood, anxiety, and depression
- LGBT Youthline Ontario
 - call or text 647-694-4275 or use the live chat on the website
- National Eating Disorder Information Centre
 - 416-340-4156 or toll free at 1-866-633-4220





Single Session Therapy:

- One Stop Talk
 - call 1-855-416-8255 or join on their website for a video session
- Child & Adolescent Services: City of Hamilton
 - 100 Main St. East, Suite 220 (2nd floor), use Commercial Entrance
 - 90 minute single session therapy
- Eva Rothwell Centre - Hamilton
 - 460 Wentworth St. N
 - Available Wednesdays from 2:45pm-6:30pm





In Person Support:



- Eagles Nest Waterdown
 - In person, hybrid, or virtual
 - Free therapy - up to 15 sessions
- Reach Out Centre for Kids (ROCK) - Halton
 - Individual and group mental health services
 - Offers between 1-12 therapy sessions (in person, hybrid, or virtual)
- Woodview Mental Health and Autism Services - Hamilton, Burlington, Brantford
 - Free individual counselling
 - Youth Overcoming Depression & Anxiety (YODA program) - for grades 6, 7 & 8
- St. Joseph's Healthcare - Youth Wellness Centre
 - For ages 17 - 25
 - Provides support for emerging mental health and addiction concerns





Please don't hesitate to contact us with any questions or concerns that you may have.

programs@eaglesnestwaterdown.ca | 905.689.8721 ext.601

