



Counselling in Waterloo Region

Front Door Walk in Counselling Times

No appointment necessary. Up to age 18. 519-749-2932

Walk-In Counselling is available at the following locations and times:

Tuesdays at 35 Dickson St., (LFCIS) Cambridge from 12:00pm-6:30pm.

Wednesdays at 1770 King St. E., Kitchener from 12:00pm-6:30pm.

Thursdays at 1145 Concession Rd., Cambridge (Largo) from 9:00am-3:30pm.

Saturdays at 1770 King St. E., Kitchener from 9:00am-3:30pm.

Other Services

Crisis Respite Residential - need a place to go and feel safe for a few days? Call crisis respite. 16 and up. Maximum 14-day stay. 24-hr. respite. Curfew: 519-576-7431

Woolwich Counselling Centre - Emma - offers a program for youth that self-harms. The program is called S.A.F.E. (Self-Abuse Finally Ends) 519-669-8651.

Provincial/National Services

Bro Talk - 1-866-303-5033 - a support line for teen guys. Telephone and online counselling for young men. Free, confidential, anonymous.

First Nations and Inuit Hope for Wellness Help Line - 1-855-242-3310, provides culturally competent support 24/7. Counselling is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.

Good2Talk - 1-866-925-3454 - post-secondary student helpline. Free, confidential, anonymous. Also provides referrals for mental health and addictions.

KidsHelpPhone.ca - 1-800-668-6868 - Canada's national, bilingual, confidential and anonymous 24-hour telephone and online counselling. Phone counselling, web counselling, live chat. Ages 20 and under.



Waterloo Region
Suicide Prevention Council
www.WRSPC.ca

Mobile Apps

Always There – Kids Help Phone – password protected space for you to log your feelings, flip through a ton of youth-submitted tips, inspirational quotes, jokes helping you cope with stress. You can also connect directly with a Kids Help Phone counsellor over the phone or through Live Chat. Log your feelings daily; look for patterns as you fill in your calendar.

Be Game Ready – designed to help young athletes manage their mental health. Designed in partnership with the Ottawa Senators. Bilingual.

Be Safe App – Allows the user to create a digital safety plan

- Informs the user about mental health and addiction resources in your local community
- Directs users to the best options for their needs through a decision-making aid
- Creates a personal 'get help script' that helps users find the words to reach out
- Empowers the user to reach out safely

Many regions also available in French and Arabic

MindShift – designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety; learn to relax, develop more helpful ways of thinking, and identify active steps to take charge of your anxiety.

Mind Your Mind – Mind your Mind works with young people to co-create interactive tools and innovative resources to build capacity and resilience. There are many apps you can download for free for panic attacks, handling stress promoting self-confidence and more.



Pacifica – Designed to use the principles of Cognitive Behavior Therapy and Mindfulness to help with daily stress.

Self Help Anxiety Management – SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.

Smiling Mind is modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

Virtual Hope Box – provides powerful coping strategies to those considering suicide and has all the same life-affirming reminders that the traditional sort of hope box does – photos, videos, favourite music, and messages from loved ones.

Other great websites:

Mind Your Mind – Mind your Mind works with young people to co-create interactive tools and innovative resources to build capacity and resilience. In addition to a great website full of blogs, tips, videos, interviews, and coping tools for coping, relationships, stigma, depression, getting help, life experience and more

NeedHelpNow.ca – great site on how to remove pictures, what to do when a picture has been posted of you.

TWLOA.com – you can blog here. Helpful site if you are self-harming.

LifelineforAttemptSurvivors.org – although American based, a very helpful site providing support for persons living with suicidal thoughts and suicide attempts.