



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., (LFCS) Cambridge from 12:00pm-6:30pm

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

Thursdays at 1145 Concession Rd., Cambridge (Langs) 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. counsellor. Curfew. 519-576-7431

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

Provincial/National Services

Bro Talk – 1-866-393-5933 - a support zone 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 – 1-866-925-5454 – 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.