

Mental Health Supports / Resources

This play presents many heavy themes. All of which may be things we struggle to process in our everyday lives. Though this play offers no solutions to grief and mental illness, help is available. You do not need to struggle alone. Reach out. No call is the wrong call.

Note: this list is not exhaustive. These are just some of the community-focused organizations in the Waterloo Region that are available to you.

Here 24/7

<https://here247.ca/>

1 844 437 3247 (HERE247)

24 hours a day, 7 days a week helpline for mental health, addictions, and crisis support.

Calming Tree Counselling

<https://calmingtreecounselling.ca/>

(519) 208-CALM (2256)

Counselling for individuals, relationships, and children along with grief counselling is available. Junior counsellor rates for low-income, specific student rate as well.

Pioneer Youth Services

<http://www.pioneeryouthservices.ca/>

(519) 884-3985

Provides residential treatment for children and youth with severe emotional, mental health, developmental, and behavioural needs. Licensed and supervised by the Ministry of Children and Youth Services.

Hope for Families

<https://www.hopeforfamilies.net/>

519-513-9216

Psychotherapy for individuals, couples, families and groups. Sliding scale therapy rates available through training master's students.

Family Counselling Centre of Cambridge & North Dumfries

<https://fccnd.com/>

519-621-5090

Offers counselling and groups for mental health through social workers, art therapists and registered marriage and family therapists. Provides walk-in counselling on a sliding fee scale.

Bereaved Families of Ontario

<https://bfomidwest.org/>

519-603-0196

Provides support for people who have lost an immediate family member.

The Centre for the Grief Journey

<https://griefjourney.com/>

Provides information on coping with the loss of a loved one.

The Coping Centre

<https://www.copingcentre.com/>

519-650-0852

Provides group support, education and compassion to those who are experiencing grief.

The Grief Recovery Institute

<https://www.griefrecoverymethod.com/>

1 (800) 334-7606

Offers workshops to help participants grieve the loss of a loved one, a divorce or any other significant emotional loss.

Waterloo Region Suicide Prevention Council

<https://wrspsc.ca/>

519-884-0422

A community-based non-profit aiming to increase awareness of and engagement in suicide prevention within our community to ultimately reduce suicide and its impact.

The Compassionate Friends – Waterloo Region Chapter

<https://tcfcanada.net/chapters/ontario/>

226-972-9543

Provides group support for families who have experienced the death of a child.

Interfaith Counselling Centre

<http://interfaithcounselling.ca/>

519-662-3092

Provides professional counselling to individuals, couples and families in a welcoming, supportive and confidential environment.

K-W Counselling Services

<http://www.kwcounselling.com/>

519-884-0000

Provides individual, relationship, group, family, and parenting supports.

Shalom Counselling Services Waterloo

<https://shalomcounselling.org/>

519-886-9690

Provides individual, couple, family & group counselling for a broad range of concerns. Offers fee for service on a sliding scale.

Front Door

<https://www.frontdoormentalhealth.com/locations/kitchener/>

519-749-2932

Supports youth and parents of children and youth (up to their 18th birthday) who are struggling with life's challenges such as emotions, behaviours, relationships and mental health.

Carizon

<https://www.carizon.ca/>

519-743-6333

Specializes in children's mental health, youth engagement and development, family violence, individual and family counselling, credit counselling, settlement supports and collective wellness.

Grand River Hospital (Mental Health and Addictions Program)

<https://www.grhosp.on.ca/care/services-departments/mental-health-addiction>

519-749-4310

For non-urgent information about the mental health services and programs offered at Grand River Hospital

Kids Help Phone

<https://kidshelpphone.ca/>

1-800-668-6868

E-service available 24/7 across Canada, for kids, teens and young adults.

Lutherwood

<https://www.lutherwood.ca/>

519-884-7755

Provides mental health, employment, and housing services in Waterloo Region and Wellington County.

The Delton Glebe Counselling Centre

<https://glebecounselling.ca/>

(519) 884-3305

Provides affordable, high quality, and compassionate care, welcoming people of diverse backgrounds, cultures, life experiences, faith and spirituality.

Kind Minds Family Wellness

<https://kindmindsfamilywellness.org/>

+1 (226) 336-1988

Afrocentric/culturally grounded counseling, education, employment, and research advocacy that addresses anti-Black racism and systemic oppression that: fosters Black community empowerment/resilience, supports community services navigation and guides the design and delivery of culturally suitable educational programs and groups for children, youth, caregivers/adults and seniors.

Woolwich Counselling Centre

<https://woolwichcounselling.org/>

519-669-8651

A community-owned counselling agency facilitating emotional and mental wellness. Create awareness, provide education, and promote prevention for individuals, families, and communities. Offers affordable, accessible, and professional services for all.