

Counselling and Support Resources

Coping with the Impact of COVID-19

All services listed provided at no cost

For more information: one-Link@haltonhealthcare.com

Local Counselling

- Canadian Mental Health Association (CMHA) Halton Call in Counselling – 289-291-5396

Virtual (Online) Mental Health & Addiction Supports

- Wellness Together Canada – <https://ca.portal.gs>
- Bounceback Ontario – www.bouncebackontario.ca
- Big White Wall – www.bigwhitewall.com

Virtual (Online) Drop-in Group Supports

- Centre for Innovation in Peer Support - <https://cips-shh.wixsite.com/cips/teach>

Grief Counselling

- Acclaim Health - <https://acclaimhealth.ca/programs/hospice-and-bereavement/bereavement-support/>
- Bereaved Families of Ontario – www.bereavedfamilies.ca

Online Chronic Disease Self-Management Programs

- Self Management Ontario – <https://selfmanagementontario.ca>

Available 24:7 – Halton Crisis Outreach and Support Team (COAST) – 1-877-825-9011