



Mental Health and Peer Support Resources

Halton Region (Burlington, Oakville, Milton, Halton Hills) specific

Reach Out Centre for Kids

For access to all ROCK services please call our **Access Line @ 289-266-0036**. This line is live answered Mon-Fri between 9 am – 5 pm. Our Virtual Walk-in Clinic is open and accessible Mon-Wed 9 am - 3 pm by calling our Access Line. In-person appointments will become available through the Access line.

***Please specify or make a request when calling that you would like to connect with a 2SLGBTQ+ therapist.**

If you are in crisis, contact our **24/7 ROCK Crisis Line at 905-878-9785**.

Please note that a parent, caregiver or someone can access the crisis line on behalf of another person or if there are concerned for their well-being.

PFLAGHalton

Host's monthly peer support meetings for parents, youth, allies and members of the 2SLGBTQ+ community

Facebook: https://www.facebook.com/haltonpflag/?ref=py_c

t. [1-888-530-6777](tel:1-888-530-6777) ext 582

e. haltonon@pflagcanada.ca

Instagram: <https://www.instagram.com/pflaghalton/>

AFFIRM - <https://www.projectyouthaffirm.org/>

- “CBT-based group for LGBTQ+ youth and adults to learn stress and coping skills”
- Age ranges for groups are 14-18 and 19-29
- ROCK/PSN have hosted AFFIRM groups in the past
- Sign up on their website to join the list

Online Peer Support and Crisis Resources (2SLGBTQ+ Specific)

LGBTYouthline - <https://www.youthline.ca/>

Text- 647-694-4275

Call- 1-800-268-9688

Has online messenger option

Hours of operation: Sunday to Friday, 4:00PM to 9:30 PM.

Translifeline- <https://translifeline.org/>

Phone- (877) 330 6366

Trevor Project- <https://www.thetrevorproject.org/>

Outside Halton Region but able to access

Safe Hands Safe Hearts- <https://www.safehandssafehearts.com/ca/>

- Counselling for 2SLGBTQ+ youth over 18
- 3 free sessions and subsidy options
- Link for screening

Friends of Ruby - <https://www.friendsofruby.ca/programs-and-services/mental-health-and-wellness-support/>

- 2SLGBTQIA+ youth organization in Toronto
- Can provide up to 20 free virtual counselling sessions for youth aged 16-29
- You can register on their website, or email info@friendsofruby.ca with questions

*Please see Mental Health Resources Hamilton if you reside there

Additional Resources

- <https://wellnesstogether.ca/en-CA>
- Canadian Mental Health Association crisis line at: 905-278-9036 or 1-888-811-2222. The crisis line is available 24/7.