

# Youth Services Guide

## 24 Hour Crisis Lines

- In an emergency call 911.
- **Child & Youth Mental Health Program (CYMHP):** For ages 17 & under. Go to McMaster Children's Hospital Emergency Department.
- **Crisis lines for women with or without children who experienced abuse:**
  - Inasmuch House Crisis Line **905.529.8600**.
  - Interval House Help Line **905.387.8881**.
  - Martha House Crisis Line **905.523.6277**.
  - Native Women's Centre Crisis Line **1.888.308.6559** or **905.664.1114**.
- **Crisis Outreach and Support Team (COAST for Youth):** For ages 17 & under. For mental health crisis situations. **905.972.8338**. [www.coasthamilton.ca](http://www.coasthamilton.ca)
- **Crisis Service Canada** **1.833.456.4566**.
- **Distress & Crisis Ontario:** Text "SUPPORT" to **258258**. 2pm-2am EST. [dcontario.org](http://dcontario.org)
- **Good Shepherd Barrett Centre for Crisis Support:** For ages 16 & older. **905.529.7878** or **1.844.777.3571**.
- **Good2talk:** For ages 17-25. **1.866.925.5454**.
- **Kids Help Phone:** For ages 20 & under. **1.800.668.6868**. Text "CONNECT" to **686868**.  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca) Find counselling and support resources.  
<https://kidshelpphone.ca/resources-around-me>
- **Naseeha Muslim Youth Helpline:** For ages 18-25. 12pm-12am EST. **1-866-627-3342**.
- **Métis Nation of Ontario Mental Health and Addictions Crisis Line:** For culturally specific mental health and addiction supports **1.877.767.7572**.
- **National Residential School Crisis Line:** For former students of residential schools **1.866.925.4419**.
- **ROCK Crisis Line:** **905.878.9785**.
- **Salvation Army HOPE Line:** Mon-Fri 9am-4pm EST **905.522.1477** or **1.855.294.HOPE (4673)**.  
[hopesalive.ca](http://hopesalive.ca)
- **Sexual Assault Centre:** For ages 16 & over. **905.525.4162**. [www.sacha.ca](http://www.sacha.ca)



## Indigenous Resources & Supports

- **City of Hamilton Urban Indigenous Strategy:** Links to Indigenous resources, information and events [hamilton.ca/urban-indigenous-strategy](http://hamilton.ca/urban-indigenous-strategy)
- **Hamilton Regional Indian Centre:** Offers Indigenous youth wellness and a variety of other programs **905.548.9593**. Email: [adavis@hric.ca](mailto:adavis@hric.ca) [www.hric.ca](http://www.hric.ca)
- **HWDSB Indigenous Education:** Learning pilot offered to learners who self-identify as Indigenous, First Nations (status and non-status), Inuit and Métis in Grades 7-12 **905.527.5092 ext. 2119**. Email: [jjohn@hwdsb.on.ca](mailto:jjohn@hwdsb.on.ca)
- **McMaster University Indigenous Student Services:** <https://indigservices.mcmaster.ca/>
- **Métis Nation of Ontario:** Offers Monthly Youth Wellness Connection webinars, youth summer camps and Mental Health and Addictions Program for Métis youth **1.800.263.4889 ext. 7**.
- **Mohawk College Indigenous Student Services:** <https://www.mohawkcollege.ca/indigenous-students>
- **Niwasa - Native Youth Advancement with Education Hamilton (NYA WEH):** Educational support for First Nation, Métis, and Inuit students in elementary and secondary school **905.549.4884**. Email [office@niwasa.ca](mailto:office@niwasa.ca)



## Health

- **Anxiety Canada:**  
[anxietycanada.com/anxiety-in-youth](http://anxietycanada.com/anxiety-in-youth)
- **Bounce Back Ontario:**  
For ages 15 & up to learn skills to manage anxiety and depression.  
[bouncebackontario.ca](http://bouncebackontario.ca)
- **Danielle's Place:** Eating disorders support & resource centre in Burlington. **289.266.0036.**  
[www.daniellesplace.org](http://www.daniellesplace.org)
- **De Dwa Da Dehs Nye>s:** Culturally safe mental wellness services for ages 6-24 years. 678 Main St. E. **905.544.4320.** [www.aboriginalhealthcentre.com](http://www.aboriginalhealthcentre.com)
- **Dental Health Bus.** Emergency dental services for those with low income & no dental insurance. **905.546.2489** or **905.546.2424 ext. 3789.**  
Check website for schedule.  
[www.hamilton.ca/dentalhealthbus](http://www.hamilton.ca/dentalhealthbus)
- **East Region Mental Health Services:**  
Ages 16 & up. **905.573.4801.**
- **Hamilton Public Health Dental Services:** Free dental care for ages 17 & under with low income. **905.546.2424 ext. 3566.**
- **Hamilton Urban Core Community Health Centre:**  
181 Main St. W. **905.522.3233.** [www.hucchc.com/](http://www.hucchc.com/)
- **Health Connections Information Line:**  
For information about pregnancy, breastfeeding and parenting of children 0-6 years. **905.546.3550.**
- **Mindyourmind:** <https://mindyourmind.ca>
- **North Hamilton Community Health Centre:**  
**905.523.6611.** [www.compassch.org](http://www.compassch.org)
- **Telehealth:** 24 hour free confidential health advice. **1.866.797.0000.**
- **To find a doctor:** **905.528.3434.**  
[www.hamiltondoctors.ca](http://www.hamiltondoctors.ca) or [iamsick.ca](http://iamsick.ca)
- **Urgent Care Centres:**  
690 Main St. W. Hours 12pm-7pm  
**905.521.2100 ext. 72000.**  
2757 King St. E. Hours 8am-10pm. **905.573.7777.**
- **Youth Wellness Centre:** **905.522.1155 ext. 31725.**  
[reachouthamilton.ca](http://reachouthamilton.ca)



## Education

- **Empowerment Squared:**  
Provides mentoring and sports & recreation programs. **905.393.5370.**  
<https://empowermentsquared.org>
- **Grace Haven:** Housing & education support for pregnant & parenting youth. **905.522.7336.**
- **HWDSB Alternative Learning:**  
**905.525.2930.**
- **HWDSB Community & Continuing Education:** For ages 18 & up. **905.561.2190.** [www.hwdsb.on.ca/cce/](http://www.hwdsb.on.ca/cce/)
- **Hamilton Pathways to Education:**  
For youth Grades 9-12 in the North Hamilton area. **905.523.6719.**  
<https://www.compassch.org/programs-services/pathways-to-education>
- **LEAP (Learning, Earning & Parenting):** Support for young parents ages 16-25 to obtain their Grade 12 diploma or equivalency. **905.546.3088.**
- **Notre Dame House School:**  
High school education. **905.308.8090 ext. 244.**
- **PASS/SOAR:** **905.577.0555 ext. 2525.**
- **St. Martin's Manor:** Housing & school program for pregnant & parenting youth. **905.575.7500.**
- **Wilma's Place:** For ages 16-19. Principal referral. **905.525.6640.**
- **System Alternative Education Programs (HWDSB):** Independent learning & co-op placements. **905.383.5111.** [www.hwdsb.on.ca/altered/alternative-education/](http://www.hwdsb.on.ca/altered/alternative-education/)



## Counselling & Support Services

- **Atwell Centre:** Pregnancy testing and options support. **905.393.8525**.
- **Birthright of Hamilton:** Support for unplanned pregnancy and childbirth. **1.800.550.4900** or **905.527.3677**.
- **Black Youth Services:** 'Helpline' and other resources available every day 9am to 10pm for youth, families, and others. **416.285.9944**. Toll Free: **1.833.294.8650**. E-mail: [info@blackyouth.ca](mailto:info@blackyouth.ca)
- **Body Brave:** Access to eating disorder treatment and support. **905.312.9628**. [bodybrave.ca](http://bodybrave.ca)
- **Catholic Children's Aid Society:** **905.525.2012**. After hours emergency: **905.522.8053**.
- **Catholic Family Services:** For all faiths. **905.527.3823 ext. 279**.  
Email: [intake@cfshw.com](mailto:intake@cfshw.com) [www.cfshw.com](http://www.cfshw.com)
- **Child & Adolescent Services:** For ages 17 & under, and their families. **905-546-2424 ext. 3678**.
- **Child & Youth Mental Health Services:** (McMaster Children's Hospital): For ages 17 & under. Hospital mental health services. **905-521-2100 ext. 74382**.  
<https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/areas-of-care/mental-health/>
- **Children's Aid Society:** **905.522.1121**. After hours emergency **905.522.8053**. [www.hamiltoncas.com](http://www.hamiltoncas.com)
- **Cleghorn Early Intervention Clinic:** For ages 16 & up. Assessment & treatment for people experiencing psychosis for the first time. **905.522.1155 ext. 36586**. Email: [cleghorninfo@stjoes.ca](mailto:cleghorninfo@stjoes.ca)
- **Connex Ontario:** Information for those with alcohol & drug, mental illness and gambling problems. **1.866.531.2600** Text "CONNEX" to **247247**.
- **Contact Hamilton:** For ages 17 & under. Connects to mental health & community services. **905.570.8888**. [www.contacthamilton.ca](http://www.contacthamilton.ca)
- **GOOD2Talk:** 24/7 support for post-secondary students. **1.866.925.5454**. Text "GOOD2TALKON" to **686868**. <https://good2talk.ca/ontario/>
- **Good Shepherd Community Mental Health Program:** For street involved youth ages 16-21. **905.308.8090**.
- **Learning Effective Anti-violence for Families (LEAF) Program:** For ages 4-16. Group programs for those who witnessed the abuse of their mothers. **Good Shepherd: 905.528.5877**.  
**Catholic Family Services: 905.527.3823**. **Mission Services: 905.528.5100 ext. 3132**.
- **Lynwood Charlton Centre:** Child and Youth Mental Health Services and Programs. **905.389.1361**. 526 Upper Paradise Rd. [www.lynwoodcharlton.ca/](http://www.lynwoodcharlton.ca/)
- **Schizophrenia Society of Ontario, Hamilton Chapter:** Support groups for family members of someone with a mental illness. **905.523.7413**. Helpline **1.855.449.9949**.
- **Spectrum Hamilton:** LGBTQ resources. [spectrumhamilton.ca](http://spectrumhamilton.ca)
- **St. Joseph's Youth Wellness Centre:** For ages 17-25 to receive care for mental health & addiction issues. **905.522.1155 ext. 31725**.  
[ReachOutHamilton.ca](http://ReachOutHamilton.ca)
- **Thrive Child & Youth Trauma Services:** **905.523.1020**.  
<https://www.thrivechildandandyouth.ca/>
- **Your Life Counts:** Support & online help. [www.yourlifecounts.org](http://www.yourlifecounts.org)
- **Your Space:** Information & support for mental health issues.  
<https://yourspacehamilton.ca>



## Employment

### • Community Employment Services Youth

(Job Connect): Free services for ages 15-18. **905.575.2177.**

<https://www.mohawkcollege.ca/community-employment-services>

### • Employment Hamilton (Youth): **905.522.4902.**

[www.employmenthamilton.com](http://www.employmenthamilton.com)

### • Human Resources Development Canada: Employment Information.

[www.jobbank.gc.ca](http://www.jobbank.gc.ca)

### • Ontario Works: Financial support (Social Assistance) for basic needs.

**905.546.4800.** <https://hamilton.ca/people-programs/financial-employment-support/ontario-works>

### • Raise the Grade: Online links and tools for post-secondary preparation.

<https://www.bgchh.com/youth-programs/>

### • Youth Employment Network:

<http://youthemploymentnetwork.ca>

### • Youth Info Line: Information on Government of Canada employment programs, services & resources.

[www.youth.gc.ca](http://www.youth.gc.ca)



## Alcohol, Drugs, Tobacco & Gambling

- **Al-Anon/Alateen:** For ages 10-19. Support for teens affected by someone else's drinking. **905.522.1733.**

[www.alanonhamiltonburlington.ca](http://www.alanonhamiltonburlington.ca)

- **Alcohol, Drugs & Gambling Services:** For ages 12 & up with gambling and gaming problems. **905-546-3606.**

- **Alternatives for Youth:** For ages 12-25. Provides substance use counselling, education & outreach. **905.527.4469.**

[www.ay.on.ca](http://www.ay.on.ca)

- **Rapid Access Addiction Medicine (RAAM) Clinic:** For ages 16 & up with substance abuse issues with opioids and alcohol. **905.522.1155 ext. 35800.**

- **Smokers' Helpline:** Support to quit smoking. **1.877.513.5333.**

[www.smokershelpline.ca](http://www.smokershelpline.ca)

- **The VAN Needle Syringe Program:** New needles & harm reduction supplies. **905.317.9966.**

- **Tobacco Hotline:** Counselling & clinics to quit smoking. **905-540-5566.**

- **YMCA Youth Gambling Awareness Program:** Information for youth ages 8-24. **289.260.8635.**

[www.ymcahbb.ca/gambling-prevention](http://www.ymcahbb.ca/gambling-prevention)



## Food Banks

- **Ancaster Community Services:** Ancaster residents. 300 Wilson St E. Call **905.648.6675** for appointment.

- **Flamborough Food Bank:** 1432 Centre Rd., Carlisle. **905.690.1036.**

- **Good Shepherd Centres:** Pre-register. 155 Cannon St. E. **905.972.9485 ext. 2.**

- **Hamilton Dream Centre:** 627 Main St. E. **905.527.8605.**

- **Living Rock: Youth-focused.** 30 Wilson St. **905.528.7625 ext. 259.** [www.livingrock.ca](http://www.livingrock.ca)

- **Mission Services of Hamilton:** 196 Wentworth St. N. **905.528.4212.** [www.mission-services.com](http://www.mission-services.com)

- **Neighbour to Neighbour:** For Hamilton Mountain residents. 28 Athens St. **905.574.1334 ext. 300.** [www.n2ncentre.com](http://www.n2ncentre.com)

- **Salvation Army:** 150 King St. W., Suite 1, Dundas. Call **905-627-0572** for appointment or 80 Bay St. N. Hamilton **905.540.1888.** <https://www.sahamiltoncfs.ca/>

- **Stoney Creek Community Food Bank:** For SC residents only. 605 Hwy 8, rear entrance. **905.643.2090.**

- **The Kings Way Outreach Centre:** 390 King William St. **905.296.9473.**

- **Welcome Inn:** 40 Wood St. E. **905.525.5824.** [www.welcomeinn.ca](http://www.welcomeinn.ca)

- **For complete listing:** [foodaccessguide.ca](http://foodaccessguide.ca)



## Sexual Health

- **Atwell Centre:** Pregnancy testing and options support. **905.393.8525.**
- **LGBT Youth Line:** Support for LGBTQQ2SI. **1.800.268.9688.** Text **647.694.4275.**  
[www.youthline.ca](http://www.youthline.ca)
- **Sexual Health Clinics:** Free tests for pregnancy and STIs. Low cost birth control. **905.528.5894.**
- **Sexual Health Infoline Ontario:** Anonymous counseling and referrals to sexual health clinics. **416.392.2437** or **1.800.668.2437.**
- **Street Health Clinic:** Testing for HIV or STIs, Hepatitis vaccine, needle exchange, emergency contraceptive pill. **289.389.8739.**
- **The AIDS Network:** Counselling, support, information & referrals for people infected with & affected by HIV or AIDS. **905.528.0854.** [www.aidsnetwork.ca](http://www.aidsnetwork.ca)
- **The Van Needle Syringe Program:** Free condoms, needle exchange, Hepatitis B vaccine, counselling & referrals. No call display. **905.317.9966.**



## Housing & Shelters

- **Access to Housing:** For 16 years & up.  
<https://www.hamilton.ca/social-services/housing/social-housing>
- **Brennan House:** Housing with a mental health program for ages 15-18. 614 King St. E. **905.577.1166.**
- **Emergency shelters for women over 16:**  
**Inasmuch House - 905.529.8149.**  
**Interval House - 905.387.9959.**  
**Martha House - 905.523.8895.**
- **Housing Help Centre of Hamilton:** Provides housing access & support. 119 Main St. E. **905.526.8100.**  
[www.housinghelpcentre.ca](http://www.housinghelpcentre.ca)
- **Native Women's Centre:** Emergency shelter for women in crisis. **905.664.1114.**
- **Notre Dame House:** Emergency shelter & resources for homeless youth ages 16-21. 14 Cannon St. W. **905.308.8090.**
- **Regina's Place:** Housing for mothers ages 21 & under and their children. 320 Tragina Ave. N. **905.549.4276.**
- **Wesley Newcomer Services:** **905.528.5629 ext. 301.**
- **Wesley Youth Housing Program:** Transitional housing for homeless or at risk of homelessness youth ages 16-21. 191 Main St. W., Suite 401. **905.527.4430 ext. 28.**



## Legal Issues

- **Banyan:** **905.545.0133.**  
[banyancommunityservices.org](http://banyancommunityservices.org)
- **Hamilton Community Legal Clinic:** 100 Main St. E., Suite 203. **905.527.4572.**  
[www.hamiltonjustice.ca](http://www.hamiltonjustice.ca)
- **John Howard Society of Hamilton, Burlington & Area:** Offers a variety of youth programs. **905.522.4446.**  
[johnhoward.on.ca/hamilton/](http://johnhoward.on.ca/hamilton/)
- **Liberty for Youth:** For ages 12-25 involved in or at-risk of criminal behaviour **905.297.7929.**
- **Youth Criminal Law:**  
<https://stepstojustice.ca/legal-topic/criminal-law/youth-criminal-justice/>



## Recreation, Hang-Outs & Drop-In Centres

- **City of Hamilton Parks & Recreation:** [www.hamilton.ca/parks-recreation](http://www.hamilton.ca/parks-recreation)  
**Parkfinder:** <https://www.hamilton.ca/things-do/parks-green-space/parks-trails/parkfinder>  
**Recreation Assistance Program:** For residents living with low income. **905.546.2424 ext. 4569.**  
<https://www.hamilton.ca/things-do/recreation/programs/registered-program>  
**Recreation Centres:**  
<https://www.hamilton.ca/things-do/recreation/locations/recreation-centres-indoor-pools>  
**Eva Rothwell Resource Centre at Robert Land:** Teen after-school program.  
[www.robertland.org/programs](http://www.robertland.org/programs)
- **Hamilton East Kiwanis Boys and Girls Club:** Rec activities, gym, pool. 45 Ellis Ave. **905.549.2814.** [www.kboysandgirlsclub.com](http://www.kboysandgirlsclub.com)
- **Hamilton Public Library:** Digital media labs, homework help, piano room, music downloads. **905.546.3200.** [www.hpl.ca](http://www.hpl.ca)
- **Jump Start:** Fee assistance for ages 4-18 to participate in physical activity and sport. **1.844.YES.PLAY (937.7529).** <http://jumpstart.canadiantire.ca>
- **KidSport Ontario.** Fee assistance for up to age 18 to participate in physical activity and sport.  
[www.kidsportcanada.ca/ontario/apply-for-assistance/](http://www.kidsportcanada.ca/ontario/apply-for-assistance/)
- **Living Rock:** Evening & weekend drop-in & recreation. 30 Wilson St. **905.528.7625.**  
[www.livingrock.ca](http://www.livingrock.ca)
- **Routes Youth Centre:** Programs & drop-in for ages 8-19. 10 Market St. S., Dundas **905.929.0572.** [www.routesyouthcentre.ca](http://www.routesyouthcentre.ca)
- **The Centre – Youth Recreation:** <https://www.hamilton.ca/things-do/recreation/programs/centre-youth-recreation>
- **Wesley Ministries Teen Drop-in Centre:** For ages 13-18. Betty Brooks Community Centre, 155 Queen St. N. or Beasley Community Centre, 145 Wilson St. Call: **905.527.4430 ext. 33.** for hours. <https://wesley.ca/program/youth-centres/>
- **Willow's Place:** For ages 18 & up. A safe, female-identified space. Access to a kitchen, washer & dryer, & free activities. **905.528.5100 ext. 1200.**  
<https://mission-services.com/programs-and-services/willows-place/>
- **YMCA - NYC Newcomer Youth Centre:** For newcomers ages 12-25. 79 James St. S. or 211 Centennial Pkwy N. **905.529.7102 ext. 5558.**  
<https://www.ymcahbb.ca/programs/ymca-newcomer-youth-centre-hamilton>
- **YMCA:** Recreation programs for youth. **905.529.7102.** <http://ymcahbb.ca/Home>
- **YWCA:** Programs for girls. **905.522.9922.** <https://www.ywcahamilton.org/youth-programs/>
- **Youth for Christ/Youth Unlimited:** 273 Parkside Drive, Waterdown. **905.690.9639.**  
<http://yfcwaterdown.com/>

