

Youth Services Guide

24 Hour Crisis Lines

- In an emergency call 911.
- **Black Youth Helpline:** 1 (833) 294-8650. blackyouth.ca/
- **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 are experiencing 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. coasthamilton.ca
- **Crisis Service Canada** 1 (833) 456-4566.
- **Distress & Crisis Ontario:** Text "SUPPORT" to 258258. 2pm-2am EST. 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. kidshelpphone.ca Find counselling and support resources. 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
- **SACHA (Sexual Assault Centre of Hamilton):** 24 hour support Line. (905) 525-4162. sacha.ca



Indigenous Resources & Supports

- **Urban Indigenous Strategy | City of Hamilton** Links to Indigenous resources, information and events. hamilton.ca/people-programs/equity-diversity-inclusion/indigenous-relations/urban-indigenous-strategy
- **Hamilton Regional Indian Centre:** Offers Indigenous youth wellness and a variety of other programs. (905) 548-9593. E-mail: adavis@hric.ca. 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 9-12. (905) 527-5092 ext. 2119. E-mail: jjohn@hwdsb.on.ca
- **McMaster University Indigenous Student Services:** 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:** 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



Health



- **Anxiety Canada:**
anxietycanada.com/anxiety-in-youth
- **Bounce Back Ontario:**
For ages 15 & up to learn skills to manage anxiety and depression.
bouncebackontario.ca
- **Danielle's Place:** Eating disorders support & resource centre in Burlington. (289) 266-0036.
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. 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.
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. hucchc.com/
- **Health Connections Information Line:**
For information about pregnancy, breastfeeding and parenting of children 0-6 years. (905) 546-3550.
- **Mindyourmind:** mindyourmind.ca
- **North Hamilton Community Health Centre:**
(905) 523.6611. compassch.org
- **Telehealth:** 24 hour free confidential health advice. 1 (866) 797-0000.
- **To find a doctor:** (905) 528-3434.
hamiltondoctors.ca or 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

Education

- **Empowerment Squared:**
Provides mentoring and sports & recreation programs. (905) 393-5370.
empowermentsquared.org
- **Grace Haven:** Housing & education support for pregnant & parenting youth. (905) 522-7336.
- **HWCD SB Alternative Learning:**
(905) 525-2930.
- **HWDSB Community & Continuing Education:** For ages 18 & up. (905) 561-2190. hwdsb.on.ca/cce/
- **Hamilton Pathways to Education:**
For youth Grades 9-12 in the North Hamilton area. (905) 523-6719.
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.
hwdsb.on.ca/altered/alternative-education/



Counselling & Support Services

- **Atwell Centre:** Pregnancy testing and options support. Text: (905) 902-6082. (905) 393-8525. atwellcentre.ca/
- **Banyan Services against violence:** Counselling for women victims of violence. 16 and older. E-mail: VAWreferrals@banyancs.org. banyancommunityservices.org/programs-services/family-services/violence-against-women-counselling/
- **Banyan Young Parent Program (YPP):** Pregnant or parenting individuals ages 13-24 years old. (289) 246-9064, YPPreferrals@banyancs.org
- **Birthright of Hamilton:** Support for unplanned pregnancy and childbirth. 1 (800) 550-4900 or (905) 527-3677. birthright.org/hamilton
- **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.
- **Body Brave:** Access to eating disorder treatment and support. (905) 312-9628. bodybrave.ca
- **Catholic Children's Aid Society:** (905) 525-2012. After hours emergency: (905) 522-8053. hccas.ca
- **Child & Adolescent Services:** For ages 17 & under, and their families. Walk-in counselling. For ongoing consults, connect through Lynwood Charlton Centre. (905) 389-1361. hamilton.ca/people-programs/public-health/mental-health-services/child-adolescent-services
- **Child & Youth Mental Health Services:** (McMaster Children's Hospital): For ages 17 & under. Hospital mental health services. (905) 521-2100 ext. 3671. For child and youth mental health: for referral information, connect with central office: (905) 521-2100 ext. 74382. hamiltonhealthsciences.ca/mcmaster-childrens-hospital/areas-of-care/mental-health/
- **Children's Aid Society:** (905) 522-1121. After hours emergency (905) 522-8053. hamiltoncas.com
- **Cleghorn Early Intervention Clinic:** For ages 16-29. Assessment & treatment for people experiencing psychosis for the first time. (905) 522-1155 ext. 36586. stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/cleghorn-early-intervention-clinic#
- **Connex Ontario:** Information for those with alcohol & drug, mental illness and gambling problems. 1 (866) 531-2600 Text "CONNEX" to 247247.
- **Lynwood Charlton Centre - Access & System Navigation:** For supporting in navigating and connecting with child/youth mental health services. (905) 389-1361 to speak to a Navigator. E-mail: info@lynwoodcharlton.ca.
- **GOOD2Talk:** 24/7 support for post-secondary students. 1 (866) 925-5454. Text: "GOOD2TALKON" to 686868. good2talk.ca/ontario/
- **Good Shepherd Community Mental Health Program:** For street involved youth ages 16-21. (905) 308-8090. goodshepherdcentres.ca/services/youth-community-mental-health-program/
- **Learning Effective Anti-violence for Families (LEAF) Program:** For ages 4-16. Group programs for those who witnessed the abuse of their mothers. Program offered through: **Catholic Family Services:** (905) 527-3823 and **Good Shepherd:** (905) 528-5877.
- **One Stop Talk:** Connect with a certified therapists for mental health support (Free) for ages 0-17, available in English or French. Mon-Fri 12pm-8pm, Sat until 4pm. Toll Free: 1 (855) 416-8255. onestoptalk.ca.



Counselling & Support Services (Continued)



- **Mission Services:** (905) 528-5100 ext. 3132.
- **Lynwood Charlton Centre:** Child and Youth Mental Health Services and Programs. Contact Lynwood Charlton Centre directly (905-389-1361), or referral through school administration. 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.
- **SACHA (Sexual Assault Centre of Hamilton):** 24 hour support Line. (905) 525-4162. sacha.ca
- **Spectrum Hamilton:** LGBTQ+ resources. 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
- **Thrive Child & Youth Trauma Services:** Programs for sexual assault victims (SAAT), racialized groups (YouThrive), and trauma care for immigrants (OASIS). (905) 523-1020. thrivechildandyouth.ca
- **Your Life Counts:** Supports and suicide prevention. yourlifecounts.org
- **Your Space:** Information & support for mental health issues. yourspacehamilton.ca
- **Ontario's Crisis and Referral services for Male survivors of sexual abuse:**
Crisis and referral phone: 1 (866) 887-0015

Employment

- **Community Employment Services Youth (Job Connect):** Free services for ages 15-29. (905) 575-2177. mohawkcollege.ca/community-employment-services
- **Employment Hamilton (Youth):** (905) 522-4902. employmenthamilton.com
- **Human Resources Development Canada:** Employment Information. jobbank.gc.ca
- **Ontario Works:** Financial support (Social Assistance) for basic needs. (905) 546-4800. hamilton.ca/people-programs/financial-employment-support/ontario-works
- **Raise the Grade:** Online links and tools for post-secondary preparation. (905) 549-2814. bgchh.com/youth-programs/
- **Youth Employment Services:** yes.on.ca/
- **Youth in Canada:** Information on Government of Canada employment programs, services & resources. canada.ca/en/services/youth.html



Alcohol, Drugs, Tobacco & Gambling

- **Al-Anon/Alateen:** For ages 10-19. Support for teens affected by someone else's drinking. (905) 522-1733. E-mail: info@alanonhamiltonburlington.ca alanonhamiltonburlington.ca
- **Alcohol, Drugs & Gambling Services:** For ages 12 & up with gambling and gaming problems. (905) 546-3606. hamilton.ca/people-programs/public-health/alcohol-drugs-gambling/alcohol-drug-gambling-services
- **Alternatives for Youth:** For ages 12-25. Provides substance use counselling, education & outreach. (905) 527-4469. E-mail: admin@ay.on.ca 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. (905) 870-2760 (to refer). Fax: (905) 521-9098 (fax completed self-refer form stjoes.ca/hospital-services/mental-health-addiction-services/rapid-access-addiction-medicine-raam-clinic)
- **Smokers' Helpline:** Support to quit smoking. 1 (866) 797-0000 (Health Connect Ontario). E-mail: smokershelpline@ontario.cancer.ca www.smokershelpline.ca
- **The VAN Needle Syringe Program:** New needles & harm reduction supplies. (905) 317-9966. hamilton.ca/people-programs/public-health/alcohol-drugs-gambling/harm-reduction-services/van-needle-syringe
- **Tobacco Hotline:** Counselling & clinics to quit smoking. (905) 540-5566. E-mail: tobacco@hamilton.ca hamilton.ca/people-programs/public-health/smoking-vaping
- **YMCA Youth Gambling Awareness Program:** Information for youth ages 8-24. (905) 546-4276. Call/text: (905) 317-9966.



Food Banks

- **Ancaster Community Services:** Ancaster residents. 300 Wilson St E. Call (905) 648-6675 for appointment. ancastercommunityservices.ca/programs-services/
- **Flamborough Food Bank:** 1432 Centre Rd., Carlisle. (905) 690-1036. flamboroughfoodbank.com/
- **Good Shepherd Centres:** Pre-register. 155 Cannon St. E. (905) 972-9485 ext. 2. goodshepherdcentres.ca/services/emergency-food/
- **Hamilton Dream Centre:** 627 Main St. E. (905) 527-8605. hamiltondreamcenter.ca/
- **Living Rock:** Youth-focused. 30 Wilson St. (905) 528-7625 ext. 259. livingrock.ca
- **Mission Services of Hamilton:** 196 Wentworth St. N. (905) 528-4212. mission-services.com
- **Neighbour to Neighbour:** For Hamilton Mountain residents. 28 Athens St. (905) 574-1334 ext. 200. E-mail: admin@n2ncentre.com n2ncentre.com
- **Salvation Army:** 150 King St. W., Suite 1, Dundas. 80 Bay St. N. Hamilton. (905) 540-1888. Call (905) 627-0572 for appointment or sahamiltoncfs.ca/
- **Stoney Creek Community Food Bank:** For SC residents only. 777 Hamilton Regional Rd 8, Stoney Creek. (905) 643-2090. E-mail: mngr.stoneycreekfoodbank@gmail.com stoneycreekfoodbank.com/
- **The Kings Way Outreach Centre:** 390 King William St. (905) 296-9473. alifeatatime.com/
- **Welcome Inn:** 40 Wood St. E. (905) 525-5824. welcomeinn.ca
- For complete listing: foodaccessguide.ca



Sexual Health

- **Atwell Centre:** Pregnancy testing and options support. (905) 393-8525.
Text: (905) 902-6082. E-mail: info@atwellcentre.ca. atwellcentre.ca/
- **LGBT Youthline:** Support for 2SLGBTQ+. Not offering support via phone as of Feb 13; only text, e-mail and live chat. Text: (647) 694-4275. Peer Support HelpLine e-mail: helpline@youthline.ca. General Inquiries e-mail: info@youthline.ca. youthline.ca
- **Sexual Health Clinics:** Free tests for pregnancy and STIs. Low cost birth control. (905) 528-5894. hamilton.ca/people-programs/public-health/sexual-health/sexual-health-clinics
- **Sexual Health Infoline Ontario:** Anonymous counselling and referrals to sexual health clinics. (416) 392-2437 or 1 (800) 668-2437. sexualhealthontario.ca/en/home
- **Street Health Clinic:** Testing for HIV or STIs, Hepatitis vaccine, needle exchange, emergency contraceptive pill. (905) 546-4276. hamilton.ca/people-programs/public-health/alcohol-drugs-gambling/harm-reduction-services/street-health-clinics#how-to-access-clinic-services
- **The AIDS Network:** Counselling, support, information & referrals for people infected with & affected by HIV or AIDS. 1 (866) 563-0563. aidsnetwork.ca
- **The Van Needle Syringe Program:** Free condoms, needle exchange, Hepatitis B vaccine, counselling & referrals. No call display. (905) 546-4276. Number for VAN (call/text): (905) 317-9966. hamilton.ca/people-programs/public-health/alcohol-drugs-gambling/harm-reduction-services/van-needle-syringe



Housing & Shelters

- **Access to Housing:** For 16 years & up. (905) 546-2424 ext. 3708.
E-mail: ath@hamilton.ca. hamilton.ca/people-programs/housing-shelter/supported-housing/social-housing
- **Brennan House:** Housing with a mental health program for ages 15-18. 614 King St. E. (905) 577-1166. goodshepherdcentres.ca/services/brennan-house/
- **Emergency shelters for women over 16:** 24 Hour Crisis Support Call: (905) 529-8600.
Text: (289) 212-6399. mission-services.com/programs-and-services/inasmuch-house/
Crisis line: (905) 523-6277.
goodshepherdcentres.ca/services/martha-house/
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. housinghelpcentre.ca
- **Native Women's Centre:** Emergency shelter for women in crisis. (905) 664-1114 or 1 (888) 308-6559. nativewomenscentre.com
- **Notre Dame House:** Emergency shelter & resources for homeless youth ages 16-21. 14 Cannon St. W. (905) 308-8090. goodshepherdcentres.ca/services/notre-dame-house/
- **Regina's Place:** Housing for mothers ages 21 & under and their children. 320 Tragina Ave. N. (905) 549-4276. goodshepherdcentres.ca/services/reginas-place/
- **Wesley Newcomer Services:** (905) 528-5629 ext. 301.
E-mail: newcomer.services@wesley.ca. wesley.ca/program/newcomer-community/
- **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.
E-mail: youth.housing@wesley.ca. wesley.ca/program/youth-housing/



Legal Issues

- **Banyan:** (905) 545-0133 or 1 (866) 545-0133 (toll free). banyancommunityservices.org
- **Hamilton Community Legal Clinic:** 100 Main St. E., Suite 203. (905) 527-4572. hamiltonjustice.ca
- **John Howard Society of Hamilton, Burlington & Area:** Offers a variety of youth programs. (905) 522-4446 ext. 221. johnhoward.on.ca/hamilton/
- **Liberty for Youth:** For ages 12-25 involved in or at-risk of criminal behaviour (905) 297-7929. libertyforyouth.org/
- **Youth Criminal Law:** stepstojustice.ca/legal-topic/criminal-law/youth-criminal-justice/



Recreation, Hang-Outs & Drop-In Centres

- **City of Hamilton Parks & Recreation:** hamilton.ca/parks-recreation
Parkfinder:
hamilton.ca/things-do/parks-green-space/parks-trails/parkfinder
Recreation Assistance Program: For residents living with low income. (905) 546-2424 ext. 4569.
hamilton.ca/things-do/recreation/customer-service/recreation-assistance-program
Recreation Centres:
hamilton.ca/things-do/recreation/programs/centre-youth-recreation
Eva Rothwell Resource Centre at Robert Land: Teen after-school program.
robertland.org/programs
Inclusive Recreation Services
hamilton.ca/things-do/recreation/programs/adapted-and-inclusive-programming
- **Hamilton East Kiwanis Boys and Girls Club:** Rec activities, gym, pool. 45 Ellis Ave. (905) 549-2814. kboysandgirlsclub.com
- **Hamilton Public Library:** Digital media labs, homework help, piano room, music downloads. (905) 546-3200. hpl.ca
- **Jump Start:** Fee assistance for ages 4-18 to participate in physical activity and sport. 1 (844) YES-PLAY (1 (844) 937-7529). jumpstart.canadianfire.ca
- **KidSport Ontario.** Fee assistance for up to age 18 to participate in physical activity and sport. kidsportcanada.ca/ontario/provincial-fund/
- **Living Rock:** Evening & weekend drop-in & recreation. 30 Wilson St. (905) 528-7625. livingrock.ca
- **Routes Youth Centre:** Programs & drop-in for ages 8-19. 10 Market St. S., Dundas (905) 929-0572. routesyouthcentre.ca
- **The Centre – Youth Recreation:**
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. wesley.ca/program/youth-centres/



Recreation, Hang-Outs & Drop-In Centres (Continued)

- **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. 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. 1. ymcahbb.ca/programs/ymca-newcomer-youth-centre-hamilton
- **YMCA:** Recreation programs for youth. (905) 529-7102. ymcahbb.ca/Home
- **YWCA:** Programs for girls. (905) 522.9922. ywcahamilton.org/youth-programs/
- **Youth for Christ/Youth Unlimited:** 273 Parkside Drive, Waterdown. (905) 690-9639. yfcwaterdown.com/

