

Mental Health support



2. One Stop Talk

Provides free virtual counselling with registered therapists for children and youth under 18 in Ontario. Parents and caregivers can access the service with their child.

Website: <https://onestoptalk.ca/>

Phone: 1-855-416-8255



3. Lynwood Charlton Center

Provides specialized mental health services for children and youth experiencing significant emotional or behavioural challenges, with programs and access requirements varying by need.

Website: <https://lynwoodcharlton.ca/>

Phone: (905) 389-1361



5. Kids Help Phone

Provides free, confidential, 24/7 support for young people across Canada through phone and online services. Children can contact a counselor or explore online mental health resources.

Phone: <https://kidshelpphone.ca/>

Phone: 1-800-668-6868

Text: CONNECT to 686868



6. COAST Hamilton — Crisis Outreach and Support Team

Provides 24/7 telephone support for people experiencing a mental health crisis. Parents can call for guidance when a family member is experiencing a mental health emergency.

Phone: 905-972-8338

Website: <https://www.hamilton.ca/people-programs/public-health/mental-mental-health/child-adolescent-services>



7. Hamilton Family Health Team

Provides primary healthcare and may connect families with counselling, mental health support, or other services through participating family practices. Availability depends on the provider.

Website: <https://www.hamiltonfht.ca/>



8. Acorn Counselling

Offers counselling and psychotherapy for children, youth, and families. Fees, insurance coverage, and service availability should be confirmed directly with the provider.

Website: <https://acorncounselling.org/>



You're not alone. Help is here.

