



Mental Health Supports And Resources

If you have workplace benefits, visit psychologytoday.com/ca for local mental health service providers. Many workplaces also offer Employee Assistance Programs, speak to your HR rep or supervisor today.

<u>Bereavement Support</u>	905-372-3648
<u>Canadian Mental Health Association</u>	705-748-6711 or toll free 1-866-990-9956
<u>Centre for Addictions and Mental Health</u>	416-535-8501
<u>Cornerstone Family Violence Prevention Centre</u>	905-372-0746 or toll free 1-800-263-3757
<u>FourCast (Addictions)</u>	905-377-9111 or toll free 1-800-461-1909
<u>Kinark Child and Youth Services</u>	1-888-454-6275
<u>Northumberland Community Counselling Centre</u>	905-372-6318 or toll free 1-866-748-5720
<u>Northumberland Family Health Team</u>	289-252-2139 (Doctor or NP referral required)
<u>Northumberland Hills Hospital Counselling Centre</u>	905-377-9891 or toll free 1-888-294-7579
<u>Port Hope Community Health Centre</u>	905-885-2626
<u>Rebound Child and Youth Services</u>	905-372-0007

Online Resources and Education

Bounce Back Ontario (Online and Phone, self-refer)	bouncebackontario.ca
ConnexOntario (Online Resource Hub)	connexontario.ca
Mind Beacon	mindbeacon.com
Northumberland Family Health Team	nfht.ca

If you are in Crisis call Four Counties Crisis 705-745-6484 or 1-866-995-9933