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## Community Resources for Youth Aged 12-18

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### 9-8-8 Suicide Crisis Helpline

- A safe space to talk, 24 hours a day, every day of the year.
- **Call 9-8-8 or Text 9-8-8**

### Community Crisis Centre and 24 hour line (16 years and older)

- Crisis response services to for individuals 16 years and older experiencing an acute mental illness and or psychosocial crisis.
- **519-973-4435**

### Hope for Wellness Hotline for Indigenous Peoples

- 24 hours, 7 days a week
- **Call 1-855-242-3310**

### Kids Help Phone

- 24 hour, seven days a week free confidential support
- **Call 1-800-668-6868 or text CONNECT to 686868 .**

### Native Youth Crisis Hotline

- Available 24/7
- **1-877-209-1266**

### Regional Children's Centre Counselling Clinic (6-18 years old)

- Monday to Thursday 8:00 to 6:30pm, Friday 8:00am to 3:00pm
- **519-257-KIDS**

### **Trans Lifeline**

- Available 1pm-9pm ET
- **1-877-330-6366**

### **Windsor Regional Hospital, MET Campus (up to 16 years of age)**

- If you are under 16 years of age and are at immediate risk to self or others, please proceed to the Emergency Department at Windsor Regional Hospital, Metropolitan Campus
- **1995 Lens Ave, Windsor, ON**

### **Windsor Regional Hospital, Ouellette Campus (16 years of age and over)**

- If you are 16 years or older, and are at immediate risk to self or others, please proceed to the Emergency Department at Windsor Regional Hospital, Ouellette Campus
- **1030 Ouellette Ave, Windsor, ON**

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### **Black Kids in Action Performing Art Group**

- Dedicated and committed to enhancing the well-being of Black youth in Windsor and Essex County through the art of dance, drama and dialogue.
- **519-254-5155**

### **BounceBack Ontario (age 15+)**

- Free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, depression, anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.
- **1-866-345-0224**
- [www.bouncebackontario.ca](http://www.bouncebackontario.ca)

### **Can-Am Indian Friendship Centre**

- The Friendship Centre delivers a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Indigenous community.
- Wasa-Nabin Program (13-18)
  - The program is grounded in cultural traditions providing a sense of belonging for urban Indigenous children and youth. Uses a customized approach for every client's needs. Main focuses include; general social support, youth in care, education, justice intervention, and addressing violence.
    - Contact: [wasanabin@caifc.ca](mailto:wasanabin@caifc.ca)
- Indigenous Community Mental Health Program (16 and over)

- Provides individualized assessment, care planning and evaluation of services provided to the client and advocacy on behalf of the client as needed.
- **519-253-3243**

### Canadian Mental Health Association (CMHA)

- Provides a wide array of free mental health care and primary health care to Windsor Essex Residents
- **519-255-7440**

### Hiatus House

- Trained staff are available 24 hours, seven days a week, to provide emergency shelter, crisis support, safety planning, and referrals to women and anyone impacted by violence.
- Children Specific Programs include:
  - *Fresh Start School-Based Program (Grades JK- Grade 8)*
  - Crossroads Program (Ages 4+)
- **Main Phone: 519-252-7781**
- **24 hour Crisis Line 519-252-7781**

### Maryvale

- Maryvale is a Children's Mental Health Treatment Centre in Windsor, Ontario, where adolescents experiencing serious emotional, psychological and mental distress can receive therapy and assistance
- **Youth Call-In Line:** Single sessions available by phone for youth ages 13-18 years and their families by calling **(519)-419-1397** Monday to Friday from 9:00 a.m. to 5:00 p.m. (last call taken at 4:00 p.m.)
- **519-258-0484**

### Nisa Homes

- Provides a place for immigrant, refugee and Muslim women aged 17 years older to live comfortably and feel safe in a supportive home environment, explore their cultural identity, and directly connect with their community
- **Help Line 1-888-315-6472**

### New Beginnings

- Provides services including individual, family, specialized school programs, and outreach across service sectors of youth justice, mental health, employment, and education
- **519-971-0973**

### Reseau-femmes du Sud-Ouest de l'Ontario

- A non-profit organization working with women of French expression regardless of ethnicity, cultural affirmation, social or sexual orientation in South Western Ontario. The

mandate is to do prevention work regarding all forms of violence against women and their children.

- **519-256-7831**

### **Sexual Assault Crisis Centre (SACC)**

- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse and incest).
- **519-253-3100**
- **24 Hour Crisis Line 519-253-9667**

### **Sexual Assault and Domestic Violence Treatment Centre**

- Provides medical examination and crisis counselling for survivors of sexual assault/abuse and domestic violence; Community counselling referrals are also provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- the Sexual Assault and Domestic Violence Treatment Centre is available 24 hours a day, 7 days a week
- **519-255-2234**
- **Main Phone: 519-252-7781**

### **Ska:na Family Learning Centre (3 months - 12 years old)**

- Offers Indigenous cultural child care services
- **519-948-8115**

### **Southwestern Ontario Aboriginal Health Access Centre (SOAHAC)**

- Services for status Indigenous individuals including Primary Care in the form of Doctors and Nurse Practitioners, Traditional Healers and Mental Health services for children, youth, adults and families.
- SOAHAC also offers community events, ceremonies and assistance with Noah's Principal applications.
- Only one person within a family unit needs status for SOAHAC to provide services the whole family.
- **519-916-1755**

### **Supporting Survivors of Gender Based Violence and Sexual Assault- Legal Assistance of Windsor**

- Provides independent legal advice, representation and social work services for survivors of intimate partner violence and sexual assault.
- **519-256-7831**

### **Teen Health Centre (Windsor Essex Community Health Centre)**

- Teen health provides free and confidential services for youth aged 12 to 14 years old.
- **519-253-8481**

### **The Inn of Windsor (age 13- 21)**

- Community based residential care program to serve females 13 up to age of 17 years. Also provides an independent living program for males and females aged 16 up to age 21 years who are in need of community supports.
- **519-252-7768**

### **Trans Wellness Ontario (TWO)**

- Free mental wellness services in a safe space to members of the 2SLGBTQIA+ community and their families.
- Services include general counselling, mentorship, groups, clothing cupboard, ID clinic and social events.
- **226-674-4745**

### **Welcome Centre Shelter for Women and Families**

- Emergency shelter for women+ and families experiencing homelessness dedicated to assisting self-identified women+, families, and children facing homelessness and related challenges.
- **519-971-7595**

### **Windsor Essex Counter-Exploitation Network (WECEN)**

- Provides direct services to survivors of domestic and international human trafficking in the areas of forced labour, sex trafficking and forced marriage.
- **519-256-7831**

### **Windsor Essex Community Health Centre Teen Health (age 12-24)**

- Teen Health provides medical care, counselling, addiction support, mental health care and eating disorder care for youth aged 12-24 years old.
- **519-253-8481**

### **Windsor Residence for Young Men (age 16-24)**

- Supports youth 16-24 years of age as they leave homelessness behind to build new lives. WRYM provides a range of services to support youth who identify as male on their journey from “street to home”.
- **226-221-8464**

### **Windsor Youth Centre**

- Assists Youth aged 16-25 with essentials like food and hygiene items as well as opportunities to develop their personal identities and growth opportunities in a safe space
- 1247 Wyandotte Street East, Windsor
- **226-674-0006**

## Youth Diversion

- Programs focus on assisting youth to develop self-respect, responsibility and appropriate problem-solving skills while empowering young boys and girls to create, maintain, and improve their upon their decision-making in a positive way.
- **519-253-3340**

## Youth Wellness Hub

- The Youth Wellness Hub Windsor-Essex offers services to youth ages 12 to 25 without a wait list or referral. This one-stop-shop model of care allows for a multitude of services all under one roof in a youth friendly space
- 215 Eugiene Street
- **519-800-8640**

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# Essex-County Specific Resources

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## ACCESS County Community Support Services

- ACCESS offers a Youth in Transition program to support youth transitioning from the child welfare system into adulthood, assisting youth aged 16-24 with financial and non-financial support.
- The KEYS EarlyON is open for children up to the age of 6 offering activities to enhance literacy and social skills, also offering support to parents and guardians
- The After School Program is offered to youth in grades 1 to 8 at both the Kingsville and Harrow locations, providing activities and snacks with a focus on adopting a healthy lifestyle
- **(519) 738-4050 (Harrow)**
- **(519) 733-8983 (Kingsville)**

## Canadian Mental Health Association (CMHA)

- CMHA provides a wide array of free mental health care and primary health care to Windsor Essex Residents
- **(519) 326-1620**

## South-Essex Community Council (SECC)

- The SECC offers programming for youth up to age 24 in areas like education, volunteering, academics, sports, etc.
- **(519) 326-8629 (Leamington)**
- **(519) 733-5784 (Kingsville)**

## The Bridge Youth Resource Centre

- For youth aged 14-24, The Bridge offers a nightly drop-in with warm meals, groceries, clothing closet, shower and laundry facilities, transition

### **Windsor-Essex Children's Aid Society (CAS)**

- CAS works in the community to provide help and support to children and their families. Responsibilities include investigating allegations of child abuse, including neglect, as well as providing protection services to children, youth and their families.
- 33 Princess Street, Leamington, ON, N8H 5C5
- **(510) 322-0555**

### **Windsor Essex Community Health Centre (weCHC)**

- Windsor Essex Community Health Centre provides a wide range of free health and mental health services including primary care and counselling
- **519-997-2828**

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## **Victim Services in Windsor-Essex**

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**If you or someone you know is in danger contact 911 immediately**

### **Hiatus House**

- Hiatus House provides crisis support and shelter for women and children in Windsor and area who are fleeing violence and abuse
- 250 Louis Ave, Windsor, ON N9A 1W2
- **Main Phone: 519-252-7781**
- **24 hour Crisis Line: 519-252-7781**

### **Sexual Assault and Domestic Violence Treatment Centre**

- Provides medical examination and crisis counselling for survivors of sexual assault/abuse and domestic violence; Community counselling referrals are also provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- Available 24 hours a day, 7 days a week
- **519-255-2234**

### **Sexual Assault Crisis Centre (SACC)**

- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse and incest).
- **24 Hour Crisis Line 519-253-9667**
- **519-253-3100**

### **Victim Assistance Unit, Windsor Police**

- Police-based victim assistance that provides victims with up to date information, and serves as a liaison between the police and the victim. Services include: emotional support, ensuring that victims understand their roles and their rights in the criminal justice system, as well as referral to community resources.
- **519-255-6700 ext. 4879**

### **Victim Services of Windsor-Essex County**

- Provides victims with support, information, community referrals, safety planning and processing applications for the Victim Quick Response Program.
- **519-723-2711**

### **Victim Support and Notification Line**

- A Provincial operated telephone support that informs on services available in your local area.
- If offenders are in provincial custody, victims can register for the Victim Notification Line which will provide them with a notification when an offenders custody status has changed.
- **1-888-579-2888**

### **Victim Specialist, Ontario Provincial Police**

- Police based victim assistance services that provides needs assessment(s), crisis intervention, provision of information, support and/or referrals to victim services including during a victim/witness/survivors engagement with the OPP.

### **Victim Witness Assistance Program (VWAP)**

- Provides information, assistance and support to victims and witnesses of crime to increase their understanding of, and participation in, the criminal court process. In addition, victim/witness assistance program can help victims understand what is expected of them at each court date, and help them prepare for their court appearances as well as provide information and updates on the criminal trial process.
- **519-253-2897**

### **Windsor Essex Child/Youth Advocacy Centre (WECYAC)**

- Child-Centred, safe environment for children/youth to disclose their story of abuse to a specially trained team of professionals.
- **519-995-3974**



**If you or someone you know is in danger contact 911 immediately**

**Lasalle Police Service (LPS)**

- Emergency: **911**
- **519-969-5210**

**Ontario Provincial Police (OPP)**

- Emergency: **911**
- Non-Emergency Line: **1-888-310-1122**

**Windsor Essex Children's Aid Society (CAS)**

- **519-252-1171**

**Windsor Police Service (WPS)**

- Emergency: **911**
- Non-Emergency Line: **519-255-6111**
- Victim Assistance Unit: **519-255-6700 ext. 4879**