

**WINDSOR-ESSEX  
COUNTY RESOURCES  
GUIDE  
YOUTH AGE 12-18**



Windsor Essex  
Child/Youth  
Advocacy Centre

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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**

## Hope for Wellness Hotline for Indigenous Peoples

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

## Native Youth Crisis Hotline

- Available 24 hours, 7 days a week.
- **1-877-209-1266**

## Kids Help Phone

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

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

- **519-973-4435**
- Crisis response services to individuals experiencing an acute mental illness and or psychosocial crisis

## 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**

## Maryvale

- 519-258-0484
- Maryvale is a Children's Mental Health treatment centre in Windsor, Ontario, where adolescents experiencing very 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.)

## Sexual Assault Crisis Centre

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

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

- 519-255-2234
- Sexual assault and domestic violence Centre that provides medical examination for survivors of sexual assault within 1 month of the abuse and community counselling referrals provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- the Sexual Assault Treatment Centre is available 24 hours a day, 7 days a week

### **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 yourself 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 and over)**

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

### **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
- 226-674-0006
- 1247 Wyandotte Street East, Windsor

### **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 Eugène Street
- 519-800-8640

### **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

## **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**

## **BANA (Bulimia Anorexia Nervosa Association)**

- BANA provides a variety of services to individuals, families, and friends affected by body image, self-esteem, and food-related disorders. Services include Intake, Prevention, Education, Diagnostic Assessments, Nutritional Assessments, Cognitive Behavioural Therapy, and referrals to community resources.
- **Self Esteem & Body Image Workshop** (Grades 5-8)
- **Sizing up the media: Decoding the Message Workshop** (Grades 9-12 & Adults)
- **1.855.969.5530 [www.bana.ca](http://www.bana.ca)**

## **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**

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

- BounceBack is a 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**

- 519-253-3243
- Driven by the desire of Aboriginal peoples within the areas of Windsor and Essex County to become a self-sufficient, self-determining, self-governing community.
- The Friendship Centre develops a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Aboriginal community.

## **Metis Nation of Ontario Navigators**

- Provides support and navigation services for Metis individuals
- **1-800-263-4889 Ext. 7**
- [ContactUs@metisnation.org](mailto:ContactUs@metisnation.org)

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

- Offers holistic and culturally informed child care services for Aboriginal and non-Aboriginal families.
- **519-948-8115**

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

- Provides services for status Indigenous individuals, including Primary Care (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 Jordan's Principal applications.
- **519-916-1755**

### **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

### **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

### **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

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

- Community based residential care program to serve females 13 up to age of 17 years, as well as an independent living program for males and females 16 up to age 21 years who are in need of community supports.
- 519-252-7766

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

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

### **Trans Wellness Ontario**

- 226-674-4745

- 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.

### Trans Lifeline

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

### Q-Link Youth Drop In

- A youth-facilitated program for 2SLGBTQIA+ youth ages 12-18. Provides a chance to meet other 2SLGBTQIA+ youth, hang out, and enjoy an activity. Events rotate weekly with Games night, Movie night, Craft night, Coffee house and Open Mic night. Events, light snacks and refreshments are complimentary for everyone
- **Every Wednesday 4-7pm**
- **Market Square Entrance, 2109 Ottawa Street Unit #216**

### 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](tel:519-252-7781)
- **24 hour Crisis Line 519-252-7781**

### Nisa Homes

- **Help Line 1-888-315-6472**
- 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

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

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

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

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

### Reseau-femmes du sud-ouest de l'Ontario

- 1-888-946-3029

- 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.