

Developing Mentally Healthier Communities Through Sport

Looking for more information about mental health?

CMHA branches

Branch Finder

<https://cmha.ca/find-help/find-cmha-in-your-area/>

Ontario Division

www.ontario.cmha.ca

Call 1-800-875-6213

Algoma

www.ssm-algoma.cmha.ca

Call [Crisis Services](#) at 705-759-3398 or the [Mental Health Helpline](#) at 1-866-531-2600

Brant Haldimand Norfolk

www.bhn.cmha.ca

Call the Integrated Crisis Network at 1-866-811-7188

Champlain East

www.cmha-east.on.ca

Call the [Mental Health Helpline](#) at 1-866-531-2600

Cochrane-Timiskaming

www.cmhact.ca

Call the Crisis Line at 1-888-665-8888

Durham

www.cmhadurham.ca

Call 1-844-436-8760

Fort Frances

<https://fortfrances.cmha.ca>

Call 1-866-531-2600

Grey Bruce

www.cmhagb.org

Call the Crisis Line at 1-877-470-5200



Canadian Mental
Health Association
Ontario

Association canadienne
pour la santé mentale
Ontario



mentalwellnessinsports.ca

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Haliburton, Kawartha, Pine Ridge

www.cmhahkpr.ca

Call 1-866-995-9933

Halton Region

www.halton.cmha.ca

Call 1-877-825-9011

Hamilton

www.cmhahamilton.ca

Call COAST Hamilton at 905-972-8338

Kenora

www.cmhak.on.ca

Call 1-866-888-8988

Lambton Kent

www.lambtonkent.cmha.ca

In Chatham Kent, call 1-866-299-7447

In Sarnia Lambton, call 1-800-307-4319

Muskoka-Parry Sound

www.mps.cmha.ca

In Bracebridge, call 1-800-245-5036

In Huntsville, call 705-789-3002

In Parry Sound, call 1-866-829-7049

In Sundridge, call 1-866-829-7050

Niagara

www.cmhaniagara.ca

Call COAST at 1-866-550-5205

North Bay and District

www.nbd.cmha.ca

Call the Crisis Line at 1-800-352-1141

Ottawa

www.ottawa.cmha.ca

Call 1-866-531-2600

Peel Dufferin

www.cmhapeeldufferin.ca

Call the Crisis Line at 905-278-9036 or

1-888-811-2222

Simcoe County

www.cmhastarttalking.ca

Call the Crisis Line at 1-888-893-8333

Sudbury/Manitoulin

www.sm.cmha.ca

Call 1-866-531-2600



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Thames Valley Addiction & Mental Health Services

<https://cmhatv.ca/>

Call 519-433-2023 or 1-866-933-2023

Text 519-433-2023

Thunder Bay

www.thunderbay.cmha.ca

Call 807-346-8282 or 1-888-269-3100

In the Northwest Region, call 1-866-888-8988

Toronto

www.toronto.cmha.ca

Call Distress Centres of Greater Toronto at 416-408-4357

Waterloo Wellington

www.cmhaww.ca

Call 1-844-437-3247 or go to www.here247.ca

Windsor-Essex County

www.windsor-essex.cmha.ca

Call the Crisis Line at 519-973-4435

York And South Simcoe

www.cmha-yr.on.ca

Call 310-COPE

Other organizations

Kids Help Phone

Text CONNECT to 686868

Call 1-800-668-6868

<https://kidshelpphone.ca/>

Children's Mental Health Ontario (CMHO)

Call 416-921-2109

<http://www.cmho.org/findhelp>

Connex Ontario

Text CONNEX to 247247

Call 1-866-531-2600

<https://www.connexontario.ca/en-ca/>



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