

# MENTAL HEALTH RESOURCES

The Phone Help Lines listed are available to assist you with mental health problems or concerns. All phone lines are confidential.

## Windsor Essex Counselling Support Line - 24/7

**519-946-3277**

For people experiencing mild to moderate distress or having difficulty coping at this time during the pandemic.

## Kids Help Phone

**1-800-668-6868**

For Children and Youth experiencing mental health problems and needing someone to talk to.

Texting available at **686868**.

## UHC-Hub of Opportunities

**519-944-4900 ext. 123**

UHC-Hub of Opportunities is now providing short-term counselling services to permanent residents and conventional refugees age 18+.

## Crisis Phone Line - 24/7

**519-973-4435**

If you are experiencing a mental health emergency, contact this number or go to your nearest Emergency Department at your local hospital.

When you call the Crisis Telephone Line you will be put on hold momentarily, then connected with an Interpreter that will assist you with your call.

## Crisis Phone Line - 24/7

**519-973-4435**

Pandemic Response Therapist – for persons feeling anxiety, grief, suicidal due to issues related to the pandemic.

## Family Services Windsor Essex

**1-888-933-1831 or [info@fswe.ca](mailto:info@fswe.ca)**

Available for telephone and virtual support programs and counselling.

## Windsor Essex Community Health Centre

Windsor Essex Community Health Centre offers free, confidential general counselling to all ages. To find out if you are eligible for our counselling services, please contact the location nearest you (see below). Our counsellors cover many topics depending on the location Windsor Essex County.

### Teen Health (Windsor)

1361 Ouellette Avenue, #101  
519-253-8481

### Sandwich (West Windsor)

3325 College Avenue, Windsor  
519-258-6002

### Leamington

33 Princess Avenue, Unit 450  
519-997-2828

### Pickwick (East Windsor)

Pickwick Plaza, 7621 Tecumseh Road East  
519-997-2827

### Diabetes Wellness (Windsor)

2885 Lauzon Parkway, Unit 107  
519-997-2823

### Street Health (Windsor)

711 Pelissier Street  
519-997-2824