**Mental Health Resources – Halton Region**

1. **Canadian Mental Health Association (CMHA-Halton)** [www.cmhahrb.ca](http://www.cmhahrb.ca)

Call-In Counselling Available – 289-291-5396

For persons with mental health and substance use concerns and/or their families

and COAST – crisis outreach 1-800-825-9011

1. **Reach Out Centre for Kids** **(ROCK)** [www.rockonline.ca](http://www.rockonline.ca)

Virtual walk-in clinic and a 24-hour crisis line 905-878-9785 or KidsHelpPhone 1-800-668-6868

1. **ADAPT – Alcohol, Drug and Addiction** [www.haltonadapt.org](http://www.haltonadapt.org)
2. **Support House – Mental Health, Substance Use, and Housing** [www.supporthouse.ca](http://www.supporthouse.ca)

[1‑833‑845‑WELL (9355)](tel:1-833-845-9355)

1. **Halton Distress Centre**

Oakville: 905-849-4541

Burlington: 905-681-1488

Halton Hills: 905-877-1211

1. **One-Link Mental Health Referral Services** [www.one-link.ca](http://www.one-link.ca)

905-338-4123 or toll-free at 1-844-216-7411 if you have questions about referral or local resources.