

MISSISSAUGA

Mental Health Supports available within

7
Days

Waiting for an appointment to help you with your mental health and/or substance use concerns can feel like forever.

While you wait, here are some recommended services and supports to get you feeling better. Some services are available immediately and all are available within seven days.

Your Doctor will check off what is recommended based on your concerns.

A referral has been made to one-Link for you to speak with a service coordinator for what services and supports are right for you at this time. You can contact them directly to book this appointment at 905-338-4123 in the language you are most comfortable speaking.

Affix clinic stamp here

**Are you in crisis? Call crisis 24/7 Peel 905-278-9036
or go to your nearest Emergency Department.**

Want to talk to someone? 24/7 options:

Spectra Multilingual Distress Lines. Available languages: Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu. Call: **905-459-7777, Monday-Friday from 10am-10pm**

Want to text/chat?

Big White Wall® provides 24/7 online support and online courses to help you improve your mental health. This service is anonymous. Visit: **www.bigwhitewall.com**

Want to learn how to stop feeling low? Stressed? Anxious?

Contact Bounce Back® and a trained coach will contact you within 72 hours to get you started with skill building workbooks. Available in multiple languages. Visit: **www.bouncebackontario.ca** Call: **1-866-345-0224**

Want to talk in person to a counsellor?

Family Services of Peel Free Walk-in Counselling. Visit: **151 City Centre Drive, Mississauga, Wednesdays from 12:00pm-8:00pm & Saturdays from 9:00am-12:00pm**

Want to attend a group with peers?

Gain insight on how to feel better from others through CheckPoint Drop-in Groups through T.E.A.C.H. For more information, call: **905-693-8771 x 390** or visit: **www.t-e-a-c-h.org**

