



District of Thunder Bay  
Community Based Mental Health Providers  
**2020 HOLIDAY MENTAL HEALTH COVERAGE**

Provider	Contact Info	2020 Holiday Coverage
<b>Canadian Mental Health Association – Thunder Bay</b>	<b>Toll-Free 1-888-269-3100</b>  <a href="https://thunderbay.cmha.ca/programs-services/crisis-response-services/">https://thunderbay.cmha.ca/programs-services/crisis-response-services/</a>  <i>“Our goal is to support the values, strengths, and resiliency of each individual so they regain the balance and well-being they enjoyed before the crisis occurred.”</i>  <i>*CMHA TBay will also accept collect calls: 807-346-8282</i>	24/7 Crisis Line  <b>Eligibility:</b> All Ages  <b>Crisis Calls:</b> individuals can call in at any time  <b>Wellness Checks:</b> Crisis response can do wellness calls to clients that may be struggling over the holidays- <u>MHAT Crisis Wellness Referral Form</u> must be completed and sent to crisis response
<b>Dilico Anishinabek Family Care</b>	<b>Toll-Free 1-855-623-8511</b> and ask for the District Office (Moberg, Nipigon, Whitesand or Longlac)  <a href="https://www.dilico.com/">https://www.dilico.com/</a>	District Offices have coverage during working hours (8:30-4:30). Administrative Assistant will forward call to the staff who are covering their area: <b>Dec 21,22,29,30</b>  <b>Closed</b> Dec.23, 24, 28,31. Offices resume January 04, 2020
<b>North of Superior Counselling Programs</b>	Toll-Free 1-877-895-6677  <a href="https://www.nosp.on.ca/">https://www.nosp.on.ca/</a>	<i>Regular operations of NOSP is <b>closed</b> from noon on December 23<sup>rd</sup> until January 2 inclusively.</i>  <i>Offices reopen for regular business hours January 4, 2020</i>
<b>People Advocating for Change through Empowerment (PACE)</b>	Manitouwadge - 807-826-4442 & Schreiber - 807-824-1362 ----- Marathon - 807-229-0357 & Geraldton - 807-854-2649 ----- Nipigon – 807-631-9732  <a href="https://pace-tbay.net/home-1">https://pace-tbay.net/home-1</a>	Closed Dec 21 <sup>st</sup> – Jan. 4 <sup>th</sup>  ----- Dec. 24 <sup>th</sup> : 8:30 - noon Dec. 25 <sup>th</sup> & 26 <sup>th</sup> - closed Dec. 31 <sup>st</sup> : 8:30 - noon Jan. 1 <sup>st</sup> – closed ----- Closed Dec 24 <sup>th</sup> – 28 <sup>th</sup> & Dec. 31 <sup>st</sup> – Jan 4 <sup>th</sup>

## Needing to talk after business hours? Check out these

### Virtually Accessible Support Services/Resources

 <p>CRISIS RESPONSE SERVICES</p>	<p><b>CRISIS RESPONSE HOTLINE 1-888-269-3100</b>          Crisis Response Services offers mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis</p>
 <p>Ontario Online &amp; Text Crisis Services</p>	<p><b>Chat and Text</b> services are for everyone, regardless of your age, issues or concerns. Text is available from your mobile phone from <i>2pm to 2am daily and text support to 258258</i></p> <p>Chat is available on your computer from 2 pm to 2 am daily:  <a href="http://dcontario.org/ontx.html">http://dcontario.org/ontx.html</a> <b>text support to 258258</b></p>
 <p>1 855 554 HEAL          TALK • TEXT • CHAT</p>	<p><b>Talk4Healing Call or Text: 1-855-554-HEAL (4325)</b>          A helpline for Aboriginal Women living in Northern Ontario. Talk4Healing is available 24 hours a day, 7 days a week with services in English, Ojibway, Oji-Cree and Cree. Chat is available on your computer @ <a href="https://www.talk4healing.com/live-chat/">https://www.talk4healing.com/live-chat/</a></p>
 <p>If you are FEELING SAD or DISTRESSED and want to talk, support is a phone call away.          Call Your Indigenous Peer Network and Join Us for Wellness (www.18552423310.ca)          1-855-242-3310</p>	<p><b>First Nations and Inuit Hope for Wellness helpline 1-855-242-3310</b>          If you're experiencing emotional distress and want to talk, call the First Nations and Inuit Hope for Wellness Help Line. It's toll-free and open 24 hours a day, 7 days a week.</p>
<p><b>Kids Help Phone</b> </p>	<p><b>Kids Help Phone</b> is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.          Need help now? Text CONNECT to <a href="https://686868.ca">686868</a>          You can reach a Kids Help Phone counsellor 24/7 at <a href="https://1800668686.ca">1-800-668-6868</a>          Chat is available 24/7 <a href="https://kidshelpphone.ca/live-chat/">https://kidshelpphone.ca/live-chat/</a></p>
<p><b>CAREGIVER HELPLINE</b>  <b>1-833-416-2273</b>          ontariocaregiver.ca</p> 	<p><b>The Ontario Caregiver Helpline</b> provides caregivers with a one-stop resource for information and support. The only resource of its kind in Ontario, the helpline is available to all caregivers – regardless of age, diagnosis or where they live. It provides 24/7 support because caregiving is not a 9-5 job. The Live Chat is also available 7am – 9pm (Mon – Fri).  <b>Ontario Caregiver Helpline: 1-833-416-2273 (CARE)</b>  <b>Live Chat available at: <a href="https://ontariocaregiver.ca/find-support/helpline/#">https://ontariocaregiver.ca/find-support/helpline/#</a></b></p>
 <p><b>BounceBack®</b>          reclaim your health</p>	<p><b>BounceBack®</b> is a free self-help program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and 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.          For more information visit: <a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a></p>
<p><b>Togetherall</b></p>	<p>An <b>online peer-to-peer support community</b> for your mental health.          For more information visit: <a href="https://togetherall.com/en-ca/">https://togetherall.com/en-ca/</a></p>