



# ST. AUGUSTINE'S

## MENTAL HEALTH COMMUNITY SUPPORT RESOURCES

As prayerful companions, we serve those facing mental health challenges as well as their caregivers. We do this with compassion, support, education and spiritual accompaniment. We will work together to promote the reduction of mental illness stigma.

### [CMHA Hamilton](#) | 905-521-0090 | [cmhahamilton.ca](#) | [info@cmhahamilton.ca](#)

Canadian Mental Health Association (CMHA) is a non-profit community mental health agency providing services to adults with serious mental illness.

Some services includes:

- **Community Enrichment Services:** continues to provide support for clients through in-person and virtual case management. All referrals for intensive case management are processed through **IntAc (905-528-0683)**
- **Peer Support & Street Team:** provides accessible, peer-to-peer support for people experiencing mental health & addictions, drop-in groups, and street outreach to people experiencing homelessness.

### [Anxiety Treatment & Research Centre - SJHH](#) | 905-522-1155 x35372 | [ATRC website - st.joes.ca](#)

The **Anxiety Treatment and Research Clinic's (ATRC)** mission is to provide excellence and leadership in evidence based clinical service, education and research for anxiety disorders. A team of experts offer comprehensive evaluations and proven treatments for anxiety related conditions. Treatments at the **ATRC** include both medications and effective psychological treatments. A physician referral is required to access care at the **ATRC**.

All individual & group sessions are available virtually and require pre-registration:

- **Family Education & Support Group:** offered for family members of patients
- **Virtual Booster Groups:** for OCD, Panic & Social Anxiety & PTSD

### [COAST: Crisis Outreach and Support Team - SJHH](#) | 905-972-8338 OR TOLL-FREE 1-844-972-8338 [COAST website - st.joes.ca/health-services](#)

The **Crisis Outreach and Support Team (COAST)** is a program of **St. Joseph's Healthcare Hamilton** in partnership with **Hamilton Police Service**. **COAST** is a free crisis line available to all residence of the City of Hamilton. **COAST** is a multidisciplinary team consisting of nurses, occupational therapists, social workers and specially trained police officers. Currently the team is not providing non-urgent, non-uniform outreach visit. The program is operating an extra crisis line available to help support an increased community need. If an individual requires in home support, this will be done through the **Mobile Crisis Rapid Response Team (MCRRT)**. **MCRRT** is a division of **COAST** designed to respond to urgent mental health related calls via **911** dispatch.

### [Alcohol, Drug & Gambling Services](#) | 905-546-2424 x3606 | [hamilton.ca/people-programs/public-health](#)

The **Alcohol, Drug & Gambling Services (ADGS)** provides the following free services:

- Information about alcohol, drugs or gambling and where to find help
- Individual counselling for alcohol & drugs
- Individual, couple counselling for alcohol and drugs
- Group programs
- Methadone case management
- Needle Syringe program
- Drink Wise for people who want to cut down on drinking
- Referral to inpatient treatment
- Naloxone kits and training
- Back on Track Remedial Measure
- Cravings hotline and more!

### [Community Psychiatry Clinic - SJHH](#) | 905-522-1155 x36040 | [stjoes.ca/health-services](#)

The **Community Psychiatry Clinic (CPC)** is a mental health outpatient program committed to providing evidence based care to those with serious mental illness over the age of 17. All referrals receive an assessment to determine the treatment options that best meet the goals of the client and referral source. **CPC** provides consultations, assessments, and offers a variety of evidence-based treatment modalities, including individual and group therapy. **CPC** has a collaborative relationship with primary care physicians and other community based services. **CPC** services are time limited. Upon completion you will be referred back to the care of your family physician.

The **CPC** provides:

- **Rapid Consultation Service**
- **Borderline Personality Disorder Services**
- **General Psychiatry**

Referrals are processed by **Connect, St. Joe's** centralized intake service for **Mental Health & Addiction outpatient programs**.

### [Hamilton Program for Schizophrenia](#) | 905-525-2832 | [hpfs.on.ca](#)

The **Hamilton Program for Schizophrenia (HPS)** is a comprehensive, community-based treatment & rehabilitation program for adults with schizophrenia, optimizing their recovery based on their goals. All referrals are processed through **IntAc**.

The **HPS** provides:

- **Psychiatry & Case Management**
- **Programs:** Peer Support, Cooking Club, Social Group, Leisure Group, Walking Group and more
- **Cottage Studio:** HPS art program promoting mental health through creative art

### [National Suicide Crisis Helpline](#) | Call or Text 9-8-8 (24/7) | [988.ca](#)

The **National Suicide Prevention Helpline (988)** is Canada's new crisis line, available 24/7 via call or text. If you are having thoughts of ending your life, have a plan, feel hopeless, or are experiencing overwhelming emotional pain, reach out to **988**. The website also offers guidance for family and friends on how to support someone who may be at risk and provides additional resources.

### [Kids Help Phone](#) | Call 1-800-668-6868 or Text 686868 | [kidshelpphone.ca](#)

**Kids Help Phone** is always open, offering young people across Canada mental health support and a non-judgmental space to Feel Out Loud. Free and confidential.



# ST. AUGUSTINE'S MENTAL HEALTH

## COMMUNITY SUPPORT RESOURCES

### [Child and Adolescent Services](#) | 905-546-2424 x3678 | [hamilton.ca/people-programs/public-health](https://hamilton.ca/people-programs/public-health)

*Child and Adolescent Services* is a community-based children's mental health clinic. It is part of the **City of Hamilton Public Health Services** providing mental health counselling & treatment for children & youth, under 18, and their families. All services are confidential and free. Single walk-in sessions with a counsellor, available weekly. Long-term counselling or therapy requires a referral from **Contact Hamilton: 905-570-8888**

### [Alternatives for Youth \(AY\)](#) | 905-527-4469 x3 | [ay.on.ca](https://ay.on.ca) | Youth 12-25

*Alternatives for Youth (AY)* community-based substance use and addiction treatment services that engage and mobilize youth and their families.

Programs include:

- Community Education
- Family Education, Support & Skills Group
- Getting Ready Education Group
- Pregnant and Parenting Youth Outreach
- Secondary School On-Site Treatment
- Street-Involved Youth Outreach
- Youth Affected by Substance Use of Others

Complete the electronic referral form on the website.

### [McMaster Children's Hospital](#) | 905-521-2100 | [hamiltonhealthsciences.ca/mcmaster-childrens-hospital](https://hamiltonhealthsciences.ca/mcmaster-childrens-hospital)

*McMaster Children's Hospital* provides care to children from across the region, ranging in age from infancy to 17 receive care through a family-centered approach that accounts for the child's emotional, mental and physical well-being. **The Child and Youth Mental Health Program (CYMHP)** provides a range of intensive and time-sensitive services for children, youth and families who are dealing with mental health concerns.

The CYMHP includes:

- Outpatient Clinic, Psychiatry Consultation
- Community Education Service
- Assessment Unit, In-Patient Unit, Day Treatment

### [BounceBack - CMHA Ontario](#) | [bouncebackontario.ca](https://bouncebackontario.ca)

*BounceBack* is a free skill-building program for youth aged 15 - 17. It is designed to help youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.

There are two streams available:

- **BounceBack Coaching:** work independently & with a coach via telephone over six sessions
- **BounceBack Today Videos:** online video series with tips for managing mental wellness

The videos available on the website can be accessed by adults too. For adults 18+, **BounceBack Coaching** is available through the **Ontario Structured Psychotherapy Program (OSP West)**.

### [Wellness & Emotional Support for youth online](#) | 1-519-507-3737 | [wesforyouthonline.ca](https://wesforyouthonline.ca)

*Wellness & Emotional Support (WES) for Youth Online* provides free, ongoing, one-on-one e-counselling support with a professional counsellor to Ontario youth aged 13 - 24. Youth can talk to a counsellor about anxiety, depression, peer relationships, trauma, grief and more. Youth can self-refer and do not need permission from caregivers to access **WES**.

Various formats are available for e-counselling including: • **Live Chat** • **Video Chat** • **Email-to-email** • **Telephone**

### [Hamilton Council on Aging](#) | [St. Peter's Hospital, Hamilton, Ontario](#) | [coahamilton.ca](https://coahamilton.ca)

*The Hamilton Council on Aging (HCoA)* is a non-profit charitable organization - their mission is to advance positive aging - promoting the health, well-being and social participation of ALL older adults - by influencing attitudes, policies and program.

**Shelagh Kiely, HCoA Projects - Email:** [shelagh@hamiltoncoa.com](mailto:shelagh@hamiltoncoa.com) **Cell:** 905-920-7721

**Darian Fournie, Project Lead: empowering Dementia Friendly Communities - Email:** [dorian@hamiltoncoa.com](mailto:dorian@hamiltoncoa.com) **Cell:** 519-880-5166

### [Alzheimer Society](#) | 905-529-7030 | [alzda.ca](https://alzda.ca) | email: [help@alzda.ca](mailto:help@alzda.ca)

*The Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton* is dedicated to providing essential programs and services designed to optimize the lives of individuals living with dementias (such as Alzheimers) and their care partners.

Programs and services are focused around 3 main pillars of care:

- Counselling & Support Services
- Dementia Education
- Health & Wellness Activities

### [Seniors Mental Health Outpatient and Outreach Programs - SJHH](#) | 905-522-1155 x363960 | [stjoes.ca/health-services](https://stjoes.ca/health-services)

*The Seniors Mental Health Outpatient & Outreach Programs* are designed to serve the complex mental health needs of seniors.

Some services include:

- Comprehensive assessment, medication review and treatment planning with geriatrician
- Consultation & individual or group health education for seniors, caregivers and providers
- Short-term counseling and group psychotherapy
- Time-limited follow up and case management

The Hamilton-based program is primarily a clinic-based program located at **SJHH's West 5th Campus (100 West 5th St.)** and offers outreach (e.g. home visit) for persons as needed. This program also has services operating in **Brant, Niagara, Halton and Northwest Mississauga**.

**SPECIAL NOTE :** 95% of Dundas family doctors are part of The Hamilton Family Health Team. This team has a mental health program which provides resources for patients of family doctors in our community. Resources include individual counselling, group counselling, and psychiatric consultation as well as online resources. Be sure to contact your family doctor if you or a family member are experiencing mental health problems.

**MENTAL HEALTH MINISTRY | ST. AUGUSTINE'S PARISH | [staugustinesparish.ca](https://staugustinesparish.ca)**