



SUMMER SUPPORTS

UGDSB MENTAL HEALTH SUPPORT LINE

UGDSB Summer mental health support is available for non-urgent needs by calling **519-822-4420 x 588**. The voicemail will be checked regularly by a Social Worker. Support can be a single session or support connecting to community agencies. This is NOT a crisis number. For time sensitive or urgent needs please call GUELPH/WELLINGTON Here 24/7 @ 1-844-437-3247

WALK-IN SERVICES

Guelph/Wellington

CMHA offers single sessions by appointment on Tuesdays in Guelph and bi-weekly in Fergus and Mount Forest. Call 1-844-437-3247 to book

COMPASS offers quick access walk-in or virtual services in Mt. Forest, Guelph and Fergus. Call 519-824-2431 at ext 12 or ext 26

Dufferin

DCAFS offers walk-in counselling support at 655 Riddell in Orangeville from 12:30-6:30

THE GROVE YOUTH WELLNESS HUBS

The Grove Hubs are a safe space for youth aged 12+ to hang out, socialize and participate in a variety of fun activities including baking, an escape room, art and more! There is also a mental health clinician available for single sessions. The Groves are located in Palmerston, Fergus, Erin and Guelph. To find out more go to www.thegrovehubs.ca

MENTAL HEALTH & ME

Check out UGDSB Mental Health and Me Website on your UG landing page to learn more about wellbeing, check out videos on different coping strategies and find resources! You will need to log into Google with your UGDSB email to access the UG student landing page and this site.

IF YOU ARE IN A CRISIS OR NEED SUPPORT URGENTLY....

- Guelph/Wellington: 1-844-437-3247 (HERE247) or
- COMPASS Distress Line at 1-888-821-3760
- Dufferin: 519-941-1530 (DCAFS)
- KidsHelpPhone: 1-800-668-6868
- 2SLGBTQA+ support line: call or text 226-669-3760