



MENTAL HEALTH RESOURCES IN HURON COUNTY

HURON PERTH HELPLINE AND CRISIS RESPONSE TEAM

1-888-829-7484

A 24-hour crisis phone service with crisis support, education and brief crisis therapy.

CANADIAN MENTAL HEALTH ASSOCIATION

1-888-875-2944 | cmhahuronperth.com | Huron Perth

CMHA's services include family, peer and court support, workshops, housing and employment support, connections to addictions treatment, early intervention for youth, and recreation services for those with mental illness.

MIND YOUR MIND

mindyourmind.ca/help

An interactive resource for people aged 14-29, helping answer your questions to guide you to the right next steps on your mental health journey.

KIDS HELP PHONE

1-800-668-6868 | Text hello to 686868

Kids Help Phone is always there for you no matter what you want to talk about. No judgement and totally private, 24/7.

SOUTH WEST HEALTH LINE

southwesthealthline.ca

A full list of resources available in South Western Ontario from healthcare options, health topics, your health and making choices.

HURON PERTH CENTRE FOR CHILDREN AND YOUTH

1-519-482-3931 | www.hpcentre.on.ca | Clinton

Provides free, confidential community based assessment and treatment for a broad range of mental health concerns for children and youth up to their 18th birthday.

MAKE IT A PRIORITY

Your mental health matters, but we recognize it can be overwhelming. If you don't know where to start, call 2-1-1 or visit www.211.ca. A toll free, confidential text, call or website that connects you to resources in your area.

If you are in distress right now, please call 9-1-1.



**HURON
COUNTY**
ECONOMIC DEVELOPMENT