

Mental Health and Addictions Services

Below are a list of some of the mental health supports and services available locally and online.

Visit our HHS SHINE Website for more information:

<http://www.shinehhs.ca/healthy-living/mental-health/>

Organization	Description	Contact Information
<p>HHS Employee Assistance Program <i>[Mohawk Shared Services EAP Powered By LifeWorks]</i></p>	<p>Free confidential support services to HHS employees and physicians Expert counsellors available 24 hours a day, seven days a week via a local or toll-free number. In-person counselling during the day, evening and on weekends</p>	<p>To access the toll-free services, now available 24 hours a day and 365 days a year, please continue to call us at 1-888-521-8300 (905-5218300). Your program now includes access to two product related websites (active April 2nd). LifeWorks Online provides a variety of resources, tools and features for Managers, Employees and their immediate families. Access the web through www.mohawkssi.com or direct at www.lifeworks.com English User ID: HHSC Password: MSSI</p>
<p>BEACON</p>	<p>BEACON is an effective, easy-to-access way for people struggling with a diagnosed or undiagnosed mental health condition to receive personalized care, learn coping skills and manage mood, thoughts and feelings. Therapy happens via your computer or mobile device where and when it's convenient for you.</p> <p>Every BEACON therapist is a regulated mental health professional. You can message your therapist anytime, and they will tailor your therapy by giving you online exercises and activities to fit your needs and progress. Your use of BEACON, including interactions with your therapist, is completely confidential. Typically, you may start to improve your ability to manage your mood, thoughts, and feelings within a few weeks of starting therapy.</p> <p>The BEACON program provides you with unlimited access to a therapist for up to 12 weeks and to online BEACON resources for a full year – all for a one-time cost of \$500. The program is eligible for reimbursement through your GSC psychology/counselling services benefit and Health Service Spending Account. Check your benefits booklet for your coverage details or for a benefit coverage overview visit http://corpweb/body.cfm?id=4188#benefitoverview</p>	<p>Visit www.mindbeacon.com and click on “Start My Assessment.” You’ll be guided through the steps to complete your personal assessment.</p> <p>If BEACON is right for you, you can get started right away.</p>

Organization	Description	Contact Information
Ontario 211 Community and Social Services Help Line	https://211ontario.ca/ Ontario 211 is a free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages	Dial 211
COAST -Crisis Outreach and Support Team	24/7 free and confidential support for those experiencing a mental health crisis in Hamilton.	Hamilton Crisis Line 24 hours – 905-972-8338
Canadian Association for Suicide Prevention	Includes resources to access if you are actively suicidal.	http://www.suicideprevention.ca/
Drug and Alcohol Helpline	24/7 free and confidential support for drug and alcohol addiction	1-800-565-8603 http://www.drugandalcoholhelpline.ca/
Canadian Mental Health Association – Bounce Back	BounceBack®: Reclaim your health is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. It offers two forms of help: <ul style="list-style-type: none"> • BounceBack Today videos offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living. • BounceBack is a guided self-help program in which a coach supports you in working through a series of workbooks 	https://bouncebackontario.ca/ Videos are available on the website at any time at bouncebackvideo.ca by entering your email address and access code: bbtodayon BounceBack offers an educational and motivational guided self-help program using telephone coaching and workbooks. A referral is required in order to participate. Your primary care provider (family doctor or nurse practitioner) can provide you with a referral. This is important so that the healthcare professionals who know you best can match your needs with the right support. Print off a copy of the referral form to take with you at your next primary care visit. Alternatively, you can self-refer by completing the online referral form . Be sure to include the contact information for your primary care provider so that CMHA can contact them on your behalf.

Organization	Description	Contact Information
Big White Wall	Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community. The Big White Wall is a community of members, who support, help each other and share what's troubling them in a safe and anonymous environment. The site is available 24 hours a day, 7 days a week, 365 days a year. To ensure safety and anonymity, the site is monitored by clinically trained 'Wall Guides', who are online 24/7.	www.bigwhitewall.ca Big White Wall is free to access in a number of ways for residents of Ontario. You can access the service using your Ontario postal code when clicking on 'Join Us'.
Mental Health Helpline	24/7 free and confidential mental health support services	1-866-531-2600 http://www.mentalhealthhelpline.ca/Home/Contact
Parents for Children's Mental Health - Hamilton Chapter	Do you have a child or youth with a mental health concern? Want to connect with other parents who share this experience? Connect with families who understand and can travel the road with you on the journey you are on. Hamilton Chapter: 6:30 pm-8 pm Meetings: 3rd Thu of the month	First Place Hamilton; 350 King St E Hamilton ON L8N 3Y3 Canada Email: hamilton@pcmh.ca
Alternatives for Youth	Provides substance use counselling services for children and youth ages 12 – 22 years, and those who care about them. Services: substance education, assessment, individual, group, and family counselling.	905-527-4469 http://ay.on.ca/ 38 James Street South, 2nd Floor Hamilton, Ontario L8P 4W6
Barrett Centre	24/7 free and confidential phone support. Also provides information support and referral, crisis residential services, and links to community resources.	905-529-4343 http://www.goodshepherdcentres.ca/programs/barrett.htm
Cleghorn Early Psychosis Intervention Program (St. Joseph's)	Offers two services: A time-limited (23 yrs) service that focuses on early psychosis intervention (EPI) and another service that focuses on psychotic disorders. Each service has specific criteria for referrals.	905-540-6586
Canadian Mental Health Association- Hamilton Branch	Assist and encourage consumers to achieve and maintain their optimum level of functioning in the community within the framework of self-determination.	131 John Street South Hamilton, Ontario (905) 521-0090 info@cmhahamilton.ca

Organization	Description	Contact Information
Family Mental Health Support Network	A resource centre that provides callers with information concerning mental health support and self-help groups, community services and programs, mental health advocacy initiatives, and family education opportunities	255 West Ave. North, Room 4A Hamilton, Ontario Telephone: (905) 777-9921 or 1-888-688-7777 Email: fmhsnet@idirect.com Contact personnel: Alethea Ouzas

Workplace Mental Health Resources

Organization	Description	Contact Information
Great West Life Centre for Mental Health	Provides freely available public resources including strategies, tools and support for research and initiatives aimed at improving workplace mental health for all Canadians. In particular, check out the resources for employees and 'Working Through It' to hear what others have experienced.	http://www.gwlcentreformentalhealth.com/
Antidepressant Skills at Work	A self-care manual authored by scientist practitioners with expertise in issues relating to workplace mental health and addiction – includes a free on-line or printable version of a workbook you can use to help yourself.	http://www.comh.ca/antidepressantskills/work/
Mental Health Works	Check out the 'Employee Supports' section - Whether approaching your employer or co-workers about a mental health problem, or preparing for a return to work after disability leave, employees will find resources to make themselves, and their workplaces, more mentally healthy.	http://www.mentalhealthworks.ca/
Episodic Disabilities Employment Network	EDEN's aim is to connect people living with episodic disabilities to other people living with episodic disabilities (peers) — through sections like the Forum, Blogs and Ask HR, for example — and to post information and resource links to help you find solutions to employment challenges.	http://www.edencanada.ca
Health Gateway	A website to meet the health information and support needs of people living with complex chronic illnesses and episodic disabilities and their loved ones in Ontario.	http://www.healthgateway.ca/