

DPCDSB is committed to the human dignity, inclusion and safety of every student. If you or someone you care about is in crisis or needs help, please see below for community resources and supports.

### Well-Being and Crisis Supports

- x Kids Help Phone provides services 24/7 in the following languages: English, French, Ukrainian, Russian, Pashto, Dari, Mandarin, and Arabic with the help of interpreters. 1-800-668-6868 or text "CONNECT" to 686868 (18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder. (website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca))
- x 24.7 Crisis Support Peel Dufferin for anyone of any age, 24 hours a day, 7 days a week. 905-9036 / 1-888-811-2222.
- x Dufferin Child and Family Services: 905-1530 and request crisis services (website: [dcafs.on.ca](http://dcafs.on.ca))
- x One Stop Talk for youth under 18: (M-F 12:00 pm - 8:00 pm and Saturday 12:00 pm - 4:00 pm) 1-855-416-8255 or [onestoptalk.ca](http://onestoptalk.ca) and click "start conversation."
- x Peel Crisis Capacity Network (for individuals who have a developmental disability and/or dual diagnosis) Crisis Line – M-F 9:00am – 5:00pm 905-273-4900 | After hours contact 24/7 Crisis Support – 905-278-9036
- x National Suicide Crisis Helpline Call or text 988 (website: [www.988.ca](http://www.988.ca))
- x [Where To Start](#) offers mental health services for those living in Mississauga, Brampton, or Caledon: 905-451-4655

### Cultural and Identity Affirming Resources

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- x Kids Help Phone Supporting Newcomer Youth <https://kidshelpphone.ca/get-involved/newcomeryouth>
- x Kids Help Phone Support for First Nations, Inuit and Métis youth <https://kidshelpphone.ca/get-info/first-nations-inuit-and-metis>
- x Hope for Wellness Help Line provides support for all Indigenous peoples across Canada. Experienced and culturally competent counsellors are reachable by telephone and online chat 24 hours a day, 7 days a week. 1-855-242-3310 (website [www.hopeforwellness.ca](http://www.hopeforwellness.ca))
- x National Indian Residential School Crisis Line 1-866-925-3333 (60(e)-3 6-10.9 (55))TJ 8f020r 0 Twd [(8)-16 5 10.50]

## Other resources

- x School Mental Health Ontario: Information for Students <https://smho-smso.ca/students/>
- x 211 is a helpline and online database of Ontario's community and social services.