



Free mental health and addiction services in your community

(Adapted from the mental health services webpage of the Ontario government)

While not specific to agriculture or swine production, ***free, confidential*** support is available to Ontario residents dealing with stress, depression, anxiety, addiction and other mental health issues. Helpline staff can help address concerns about yourself or someone that you care about.

<https://www.ontario.ca/page/mental-health-services>

Helplines (available to all ages, 24 hours a day, 7 days a week)

1. Mental Health Helpline	<u>1-866-531-2600</u>
2. Drug and Alcohol Helpline	<u>1-800-565-8603</u>
3. Problem Gambling Helpline	<u>1-888-230-3505</u>
Telehealth Ontario	<u>1-866-797-0000</u> (speak to a nurse regarding any health related issue including depression or anxiety)
Victim Support Line	<u>1-888-579-2888</u> (connects victims of crime with community services)
Parenting Help Line	<u>1-888-603-9100</u> (provides information and support related to parenting issues)

Helplines for children and youth (available 24 hours a day, 7 days a week)

Kids Help Phone	<u>1-800-668-6868</u> (provides counselling and information for kids and youth aged 5-20)
Good2Talk	<u>1-866-925-5454</u> (provides counselling and information for youth and young adults aged 17-25)

Other Available Resources (*note these resources are *not* available 24 hours a day, 7 days a week)

Canadian Mental Health Association-Ontario Division	<u>(416) 977-5580</u> https://cmha.ca/find-your-cmha/
Children's Mental Health Ontario	<u>(416) 921-2109</u> https://www.kidsmentalhealth.ca/find-help/find-a-centre
Farm and Food Care	<u>(519) 837-1326</u> (accepts calls regarding livestock care concerns from general public or a producer having difficulties caring for their animals)
Legal Aid Ontario	<u>1-800-668-8258</u> (legal services and referrals)
Law Help Ontario	<u>1-855-255-7256</u> (legal advice by phone for residents of Southern Ontario more than 40 km from urban centres)