



# BREAK THE SILENCE

If you or someone you know is being bullied or just needs someone to talk to, below is a list of resources that support youth struggling with various issues.

## ESSEX COUNTY DIVERSION PROGRAM

Check out our Beyond Bullying and Rebound Life Choices programs, call **(519) 253-3340 ext. 222** or visit [www.ecyouthdiversion.ca](http://www.ecyouthdiversion.ca)

## KIDS HELP PHONE

Free, anonymous, and confidential help phone for anyone 20 years of age and younger. Open 24/7, Call **1 (800) 668-6868**

## THE DISTRESS CENTRE

Free, anonymous, and confidential emotional support, crisis intervention suicide prevention and community referrals for all ages. Open from noon until midnight 365 days a year. **(519) 256-5000**

## LESBIAN GAY BI TRANS YOUTH LINE

Lesbian, gay, bi and trans youth hotline **1 (800) 268-9688** or [www.youthline.ca](http://www.youthline.ca)  
Free, anonymous, confidential, nonjudgmental phone support. Sunday to Friday 4:00pm - 9:30pm.

## WINDSOR REGIONAL CHILDREN'S CENTRE (WRCC)

Walk-in Mental Health Clinic Hours: Monday, Tuesday and Thursday: 12:00 p.m. to 6:00 p.m. All youth under the age of 18 are able to attend. Located at 3901 Connaught Street.

## THE CRISIS CENTRE

Provides crisis intervention to individuals 16+ who are experiencing acute mental illness and/or psycho-social crisis. Call **(519) 972-4435** 24/7. Services available by phone, in the ER at Windsor Regional Hospital Ouellette Campus, Mobile Team to your location and Walk-in the Jeanne Mance Building at 1086 Ouellette Ave. 1st Floor Monday - Friday 9am - 4pm

## YOUR SCHOOL (ESC CCAC MHAN NURSE)

Contact your Guidance Counsellor or Administration to speak to the Mental Health and Addictions Nurse in your school. They can offer support and refer you to any type of counseling and/or programming best suited to you. **(519) 258-8211 ext. 7328**

If there is a risk of safety to you or any other individuals, (you or someone you know is feeling suicidal or homicidal), proceed to the Windsor Regional Hospital Met Campus ER if you are under the age of 16 and to the Windsor Regional Hospital Ouellette Campus if over the age of 16.

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