



## Access Information & Referral for Developmental Services

20 Shelldale Crescent, Guelph, ON N1H 1C8 (519) 824-4015 or 1-877-216-1116 Fax (519) 824-3598

Website: [www.accessinformation.ca](http://www.accessinformation.ca) Email: [info@accessinformation.ca](mailto:info@accessinformation.ca)

### Accessing Mental Health Supports in Guelph and Wellington County

Name:	Type of Service:	Contact Information
Canadian Mental Health Association (CMHA)	Walk-in Counselling Ages 6-18 years	<b>Phone:</b> HERE 24/7 1-844-437-3247 (HERE 247) and ask to book a single session appointment.  <b>Address:</b> 80 Waterloo Ave, Guelph  <b>Website:</b> <a href="https://cmhaww.ca/programs-services/">https://cmhaww.ca/programs-services/</a>
HERE 24/7 (CMHA)	Central intake for referrals to local Government funded addictions and mental health services	<b>Phone:</b> HERE 24/7 1-844-437-3247  <b>Website:</b> <a href="https://here247.ca/">https://here247.ca/</a>
Compass Community Services	Walk-In Counselling	<b>Phone:</b> (519) 824 – 2431 ex. 12 <b>Email:</b> <a href="mailto:intake@compasscs.org">intake@compasscs.org</a>  <b>Address:</b>  Fergus – Thursdays @ 900 Tower St S  Guelph – Wednesdays @ 20 Shelldale Cres.
HERE4KIDS 0-6 years (CMHA)	Children’s Mental Health Services.  Accessing supports and services for children from prenatal to age six in Guelph and Wellington County.  Challenges relating to the child’s speech, movement, play, behaviour, learning, and/or development.”	<b>Phone:</b> 1-844-454-3711 (4KIDS 11)  <b>Website:</b> <a href="https://cmhaww.ca/news/here4kids-launches-to-support-families-in-guelph-wellington-dufferin/">https://cmhaww.ca/news/here4kids-launches-to-support-families-in-guelph-wellington-dufferin/</a>

School Board:	Who Can Help:	Initial Contact:
Upper Grand District School Board (UGDSB)	Child and Youth Counsellor (Elementary School)  Social Workers (Elementary/High School)  Guidance Counsellor (High School)	The Principal of your child's school
Wellington Catholic District School Board (WCDSB)	Child and Youth Counsellor (Elementary School)  Social Workers (Elementary/High School)  Guidance Counsellor (High School)	The Principal of your child's School

### In an Emergency...

Service:	Contact:
Local police department, request for the IMPACT Team (Mental Health)	911 and request the IMPACT team be present

### Anxiety Treatment

Service:	Contact:
Anxiety Treatment and Research Clinic (ATRC)  St. Josephs Healthcare Hamilton	<b>Address:</b> St Joseph's Healthcare Hamilton, 50 Charlton Ave E, Hamilton, ON L8N 4A6  <b>Phone:</b> 905 522 1155  <b>Website:</b> <a href="https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-and-research-clinic-atrc">https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-and-research-clinic-atrc</a>

## Primary Care

<p><b>Family Health Care Team –</b></p> <p>Access to Mental Health Supports Find a General Practitioner, counselling, psychiatry and more.</p> <p><i>“The Guelph Family Health Team has provided team-based care to support patient wellbeing. Patients have access to a range of services, provided by a team of health care professionals that offer patients support in every stage of life.”</i></p>	<p><b>Address:</b> 55 Wyndham Street N, Suite 212, Guelph, ON N1H 7T8</p> <p><b>Phone:</b> 519-837-4444</p> <p><b>Website:</b> <a href="https://www.guelphft.com/">https://www.guelphft.com/</a></p>
--	--

## Find out what Coverage your employee benefits program provides

<p><b>Employee Benefits:</b></p> <p>Ask your employer about benefit coverage for:</p> <p>Counselling and additional mental health supports.</p> <p>Do you have an EAP Program?</p>	<p><b>Private Benefits:</b></p> <p>Pay into a private benefit plan - is this a helpful option for you?</p>
--	--