

MENTAL HEALTH & ADDICTIONS  
**ACCESS LINE**  
1-866-550-5205  
CONFIDENTIAL HELP 24/7

<http://accesslineniagara.com/>



<https://cmhaniagara.ca/>

---

**ConnexOntario**

<https://www.connexontario.ca/>



<https://cmha.ca/find-your-cmha>

---

**camh**

<http://www.camh.ca/>



<https://bouncebackontario.ca/>



<http://distresscentreniagara.com/>

---

St. Catharines, Niagara Falls And Area  
905-688-3711  
Port Colborne, Wainfleet and Area  
905-734-1212  
Fort Erie and Area  
905-382-0689  
Grimsby, West Lincoln  
905-563-6674



<http://www.mentalhealthworks.ca/>

---

<https://cmha.ca/mental-health-meter>

---

**wellbeing**

<http://www.wellbeingguide.ca/>

---

**Big White Wall**<sup>®</sup>

<https://www.bigwhitewall.ca/>