

Need Help?

Kids Help Phone	1-800-668-6868	
Rural Abuse Helpline	1-800-668-5094	
Crime Stoppers Hotline	1-800-222-8477	
Huron-Perth Crisis Intervention	1-888-829-7484 www.hpha.ca www.cmha-hp.ca	A 24-hour crisis counselling line for people with emotional distress and/or mental illness. Face-to-face support is available at the Stratford General Hospital Special Services Unit.
Perth Health Line Stratford	519-271-7600 ex.267	
SPARK	www.youthspark.ca	Supportive confidential counselling, anger management, sexual health information and free pregnancy testing. Health Unit website designed by youth for youth. Get information about sex, healthy eating and emotional health.
Choices for Change Stratford	519-271-6730	Provides professional counselling, resources and support for teens struggling with their own, or a loved one's substance abuse.
Crossing Bridges Youth Stratford	519-271-6730	Drop-in program that helps struggling youth deal with their substance abuse. Provides shelter, stability, food, employment skills, living skills and a place to talk.
Huron Safe Homes for Youth	1-800-361-1640 519-235-0433 (Goderich) www.huronsafehomes.com	Temporary shelter, counselling crisis intervention and support for pregnant teens.
Salvation Army Stratford	519-271-2763	Feel like running away? Talking to someone may help you think through your options and make an intelligent decision that's right for you. Emergency accommodation.
Alcoholics Anonymous	1-800-706-9833 www.aa.org	Meetings for people coping with alcoholism where they can share experiences and stay sober.
Family Services Perth-Huron	1-800-868-0903 519-273-1020 (Stratford)	Offers emotional support to individuals with life-threatening illness and their families as well as grief counselling. Family violence and abuse treatment programs are also offered.
Stratford Police Services	519-271-4141	For non-emergency services.
House of Blessing	519-273-3433	Offers free food and household items for youth in need.
Shelterlink	519-272-2294	Offers temporary housing assistance to youth in need.
Canadian Mental Health Association	519-273-1391	Early intervention for youth. Offers peer support, recreational workshops and public education.
Youth Centre and Homework Club	519-273-3014	A fun environment where you and your friends can enjoy a variety of board and video games or hang out in the lounge or computer area with internet access. Drop by Wednesdays between 4-5 p.m. for homework help from a peer or a youth centre volunteer.

Victim Services	1-866-863-4108(Huron County) 1-866-387-7773 (Perth County) www.victimservicesontario.ca	Specially trained crisis volunteers are available anytime to offer assistance and emotional support to family members and victims of crime or tragic circumstances including suicide, homicide, sudden death, and accidents.
Stop Smoking Clinic	519-271-7600	A personal counselling service available by appointment for smokers who want to understand why they smoke, reduce the amount they smoke and have support while they quit.
Eating Disorders Outreach Program Stratford	519-272-8210 ex.2570	Offers assessment, nutrition counselling and psychiatric support.
Sexual Health Clinic Stratford	519-271-7600 ex.779 www.pdhu.on.ca	Provides information about birth control options, low-cost birth control, pap testing, pregnancy testing and counselling. Valid health care is required. Call for an appointment.
Health Line	519-271-7600 ex.267	A registered nurse will answer your call for health advice, general information and referrals to clinics and other resources in your community.
Sexual Abuse Treatment Program	519-272-8210 ex.2570	Confidential counselling services to women age 16+ who have been sexually assaulted or abused.
Optimism Place: Dating Violence	519-271-5550 www.optimismplace.com	Helps recognize the signs of an abusive relationship and how to end a relationship. One-on-one and group support.
Lesbian Gay Bi Trans Youth Line	1-800-268-9688	Peer support, information or advice from a youth volunteer who has had similar experiences and knows where you are coming from.
Stratford House of Blessing	519-273-3433	Offers non-perishable items as well as frozen meat, fresh produce, cleaning products and toiletries.
Huron-Perth Centre	519-273-3373	Has a drop-in Thursday mornings from 9-12, where you are guaranteed to see a counsellor.
Youth Unlimited	519-272-1614	Life getting you down? If you are looking for a positive adult role model, we offer a community that exists to holistically support young people in four areas - emotionally, physically, mentally and spiritually.
Huron Perth Centre	519-273-3373	Drop-ins Thursday mornings
Mental Health Helpline	1-866-531-2600 Mentalhealthhelpline.ca	
Gambling Helpline	1-888-230-3505 Problemgamblinghelpline.ca	

Call 211

Yes, this is a real number!!

Sometimes it is hard to know where to start or hard to know what you need. When you dial 211 a real person will listen to your situation and help connect you to people who are willing to help. Free and available 24/7.

At School

You can speak to any guidance counsellor as a starting point. It does not have to be your assigned counsellor.