

Youth Services

Help Lines

Kid's Help Phone (24 hrs)	1-800-668-6868
COAST (Crisis Outreach and Support Team) For youth 16 and older	1-877-825-9011
ROCK (Reach Out Centre for Kids) Crisis Response Line	905-878-9785
Halton Children's Aid Society (under 16)(24 hrs)	1-866-607-5437
Oakville Distress Centre (24 hrs)	905-849-4541
North Halton Distress and Info Centre (24 hrs)	905-877-1211
Telecare Burlington Distress Line (24 hrs)	905-681-1488
Lesbian/Gay/Bi-Sexual Youth Line	1-800-268-9688
Smoker's Helpline	1-877-513-5333
Mental Health Helpline	1-866-531-2600
Ontario Problem Gambling Helpline	1-888-230-3505
Drug and Alcohol Helpline	1-800-565-8603

Alcohol and Drugs

ADAPT (Halton Alcohol, Drug and Gambling Assessment, Prevention and Treatment Services)	
Oakville	905-847-6547
Halton Hills	905-873-2993
Burlington	905-639-6537
Milton	905-693-4250
Halton Region, Family Health Information Line	Dial 311 or 1-866-442-5866
Exchange Works (Needle Exchange Program)	905-825-6065 ext. 4549
Outreach Services	905-330-3305
North Halton	905-702-4200
FAST (Family Adolescent Straight Talk)	1-888-651-5186
Alcoholics Anonymous	1-866-715-0005
ALANON and ALATEEN	1-888-425-2666
ASAP (Adolescent Substance Abuse Outreach Program)	
Sick Kids Hospital	416-813-5097

Counselling/Mental Health Services

ROCK (Reach Out Centre for Kids)	905-634-2347
Halton Region Mental Health Liaison Program (Mental Health Liaison Nurses work with students in school)	Dial 311 or 1-866-442-5866
School Social Worker/Child and Youth Counsellors (Counselling is available through each school's Student Services Department)	
Halton Family Services	905-845-3811
Burlington Counselling and Family Services	1-866-457-0234
North Halton Child and Youth Psychiatry Program	905-693-4240
Woodview Mental Health and Autism Services	1-905-689-4727
Canadian Mental Health Association	1-877-693-4270

Pregnancy/Prenatal Support

Shifra Home (Maternity residence)	905-681-9633
Halton Region Pregnancy Support	Dial 311 or 1-866-442-5866
Halton District School Board Teen Education and Motherhood (TEAM)	905-873-8783

Financial Support

Legal Aid	1-800-668-8258
Ontario Works (Help with the cost of living)	Dial 311 or 1-866-442-5866
Halton Region Oral Health (Free urgent dental care)	Dial 311 or 1-866-442-5866
Halton Child Care Subsidy (Help with the cost of childcare)	Dial 311 or 1-866-442-5866

Emergency Shelter and Food

Bridging the Gap	1-877-425-8661
Salvation Army	1-800-725-2769
Halton Women's Place	
South Halton (24 hrs)	905-332-7892
North Halton (24hrs)	905-878-8555
Lighthouse Shelter (business hours)	Dial 311 or 1-866-442-5866
After Hours	905-339-2918
Acton Food Share	519-853-0457
Georgetown Bread Basket	905-873-3368
Safe Beds	905-849-8443
Ready4Life (housing and support services)	
Burlington	905-699-7743
Oakville	905-699-9332
Halton Housing Help Centre	Dial 311 or 1-866-442-5866

Sexual Health

Sexual Health Clinics	905-825-6000 ext. 6065
SAVIS (Sexual Assault & Violence Intervention Services of Halton)	905-825-3622
24 hour Help Line	905-875-1555
Nina's Place (Joseph Brant Memorial Hospital) (Sexual Assault Care Centre)	905-632-3737 ext. 5708
Halton Trauma Centre	1-800-663-9888

Activities/Recreation

Halton Public Libraries:	
Burlington	905-639-3611
Halton Hills: Acton	519-853-0301
Georgetown	905-873-2681
Milton	905-875-2665
Oakville	905-815-2042

YMCA (programs and fitness)	
Burlington	905-632-5000
Oakville	905-845-3417

Youth Centres:	
Burlington: Velocity	905-631-5654
Halton Hills (Acton): Off the Wall	519-853-9825
(Georgetown): Open Door	905-873-2966
Milton: The Deck	905-876-0368
Oakville: Oakville Youth Centre	905-845-6932
Bronte Youth Centre	905-582-3592

Other Support Services

Danielle's Place (Eating Disorder Support and Resource Centre)	1-866-277-9959
Halton Regional Police Service	
Emergency	911
Non-Emergency	905-825-4777
Halton Multicultural Council (New immigrant support)	905-842-2486
Lighthouse Program for Grieving Children	905-337-2333
Nelson Youth Centre	905-681-2611
Positive Space Network (LGBTQ youth groups)	905-634-2347 ext. 408
POSSE (Peer Outreach Support Services and Education)	519-853-5908
Safetynet	905-845-SAFE (7233)
Volunteer Halton	905-878-0955
Youth Net (mental health promotion program)	Dial 311 or 1-866-442-5866
YMCA Career Development and Learning Centre (Burlington)	905-681-1140



For more information, contact
Halton Region
Dial 311 or 905-825-6000
Toll free 1-866-4HALTON (1-866-442-5866)
TTY 905-827-9833
www.halton.ca