

# Summer Mental Health Support Line

## Do you have a mental health concern?

- Are you a student experiencing stress, worry or sadness?
- Are you a parent wondering how to support your child?
- Are you Board staff inquiring on behalf of a student?



## CALL, TEXT or EMAIL BHNCDsb's Confidential Summer Mental Health Support Line

You will be connected to a mental health professional who can help. We provide mental health support and referrals to community agencies for students seeking support.

Support services are open to students registered with the Brant Haldimand Norfolk Catholic District School Board. **Call, Text: 226-208-0077 or Email: [BHNWellness@bhncdsb.ca](mailto:BHNWellness@bhncdsb.ca).**

A mental health professional will return your call within one business day, Monday to Friday.

**This service is available 8:30 am - 4:30 pm until September 4, 2026.**

## THIS IS NOT AN EMERGENCY SERVICE

If you need **urgent attention**, please **call 911 or go to your local emergency department**. If you are in **crisis**, please call these **24/7 crisis lines**:

### Brant Integrated Crisis Services (SOAR)

24/7 Helpline

Call: 519-759-7188 or 1-866-811-7188

\*for all ages

### Good2Talk-ON

24/7 Helpline

Call: 1-866-925-5454 or Text: "GOOD2TALKON"  
to 68-68-68

\*for post-secondary students

### ConnexOntario

24/7 Helpline

Call: 1-866-531-2600

[www.connexontario.ca](http://www.connexontario.ca) (English)

[www.connexontario.ca/fr](http://www.connexontario.ca/fr)

### Haldimand-Norfolk REACH Child & Youth Crisis Service

24/7 Helpline (Afterhours will be redirected to 9-8-8  
Crisis Support line)

Call 1-866-327-3224



### Six Nations Mobile Crisis Line

519-445-2204 or  
1-866-445-2204

### Ganohkwasra Family Assault Support Services

519-445-4324  
24/7 Support Line

### First Nations & Inuit Hope for Wellness Help Line

1-855-242-3310  
24/7 Support Line  
Hopeforwellness.ca (Online Chat Available)

### Crisis Walk In

Mon-Fri - 8:30am - 11pm  
1769 Chiefswood Rd Ohsweken  
Mental Health & Addictions Building (Behind  
Pharmasave)

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If you or someone you know is experiencing a mental health or addiction crisis and need **SUPPORT**, contact:

