



Canadian Mental
Health Association
Niagara
Mental health for all

IMMEDIATE ACCESS TO MENTAL HEALTH SUPPORT

Call (905) 641-5222

Monday to Friday, 8:30 a.m. - 5:30 p.m.

Same day service to address your immediate concerns.
No referral required. Must be 16 years or older.

Access Line matches you with the mental health and addictions support you need from services across Niagara. 1-866-550-5205, extension 2.

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



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If you are in crisis call **COAST**

(Crisis Outreach and Support Team)

1-866-550-5205

Press "1" for 24/7 confidential support.

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