

DPCDSB is committed to the human dignity, inclusion and safety of every student. If you or someone you care about is in crisis or needs help, please see below for community resources and supports.

Well-Being and Crisis Supports

- Kids Help Phone provides services 24/7 in the following languages: English, French, Ukrainian, Russian, Pashto, Dari, Mandarin, and Arabic with the help of interpreters: 1-800-668-6868 or text "CONNECT" to 686868 (0-18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder. (website: www.kidshelpphone.ca)
- 24.7 Crisis Support Peel Dufferin for anyone of any age, 24 hours a day, 7 days a week: 905-278-9036 / 1-888-811-2222.
- Dufferin Child and Family Services: 519-941-1530 and request crisis services (website: dcafs.on.ca)
- One Stop Talk for youth under 18: (M-F 12:00 pm - 8:00 pm and Saturday 12:00 pm - 4:00 pm) 1-855-416-8255 or onestoptalk.ca and click "start the conversation."
- Peel Crisis Capacity Network (for individuals who have a developmental disability and/or dual diagnosis) : Crisis Line – M-F 9:00 am – 5:00 pm 905-273-4900 | After hours contact 24/7 Crisis Support – 905-278-9036
- National Suicide Crisis Helpline: Call or text 988 (website: www.988.ca)
- [Where To Start](#) offers mental health services for those living in Mississauga, Brampton, or Caledon: 905-451-4655

Cultural and Identity-Affirming Resources

- Roots Community Services Black, African, and Caribbean Community Support Line. Monday-Friday 9:00 am – 7:00 pm: 647-812-8545 (website: www.rootscs.org/bac; email: supportline@rootscs.org)
- Black Youth Help Line serves all youth and specifically responds to the need for a Black youth-specific service to promote access to professional, culturally appropriate support for youth, families, and schools. Hours are 9:00am-10:00pm daily: 1-833-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- Kids Help Phone – Support for Black Youth - <https://kidshelpphone.ca/get-info/support-for-black-youth-riseup-powered-by-kids-help-phone>
- Kids Help Phone – “I’ve experienced racism, where do I go for support” (website: www.kidshelpphone.ca/get-info/ive-experienced-racism-where-can-i-find-support)

- Kids Help Phone – Supporting Newcomer Youth: <https://kidshelpphone.ca/get-involved/newcomeryouth>
- Kids Help Phone - Support for First Nations, Inuit and Métis youth: <https://kidshelpphone.ca/get-info/first-nations-inuit-and-metis>
- Hope for Wellness Help Line provides support for all Indigenous peoples across Canada. Experienced and culturally competent counsellors are reachable by telephone and online chat 24 hours a day, 7 days a week. 1-855-242-3310 (website: www.hopeforwellness.ca)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- LGBTQ2Q+ Youth Line is a youth-led organization that affirms and supports the experiences of youth under 29. This peer support service offers confidential and non-judgmental support for 2SLGBTQ+: Sunday - Friday between 4:00pm - 9:30pm - Text 647-694-4275 or use the live chat on www.youthline.ca.
- Kids Help Phone – 2SLGBTQ+ Youth & Allies: <https://kidshelpphone.ca/get-info/2slgbtq-youth-allies-this-is-your-space>
- South Asian Canadians Health and Social Services: Distress Helpline: 289-277-4770, 437-254-2794, 647-523-6380, 416-863-0511 (website: <https://sachss.ca/>)

Human Trafficking and Sexual Assault:

- Canadian Human Trafficking Hotline (24/7): 1-833-900-1010 (website: www.canadianhumantraffickinghotline.ca)
- Kids Help Phone – What is Human Trafficking: [KHP - What is human trafficking](#)
- Ontario Native Women’s Association: 1-800-667-0816 (website: www.onwa.ca/learning-resources-ht)
- Hope 24/7 provides support services to survivors of relationship abuse and sexual violence: 1-800-810-0180 (website: www.hope247.ca)
- Victim Services of Peel offers support to individuals and families impacted by trauma, for example, human trafficking or sexual assault, 24 hours a day, 7 days a week: 905-568-1068 (website: www.vspeel.org)
- Caledon Dufferin Victim Services: 905-951-3838 (website: www.cdvs.ca)
- Kids Help Phone – What is sexual assault: [KHP - What is sexual assault](#)

Other resources

- School Mental Health Ontario: Information for Students: <https://smho-smso.ca/students/>
- 211 is a helpline and online database of Ontario's community and social services.