



Mental Health Resources

Name of Organization	Contact Information	Other
Canadian Mental Health Association of Perth	519-273-1391 1-888-875-2944	Adult and Children
Family Services Perth-Huron	519-273-1020 1-800-268-0903	
Huron Perth Intervention Services	1-888-829-7484	*If in crisis and require immediate assistance.
Huron Perth Public Health	1-888-221-2133	
Huron Perth Center/	519-273-3373 #2221	Stratford
Huron Perth Center for Children and Youth	519-482-3931 #3221 519-291-1088 #4221	Clinton Listowel

Child and Parent Resource Institute	519-858-2774 1-877-494-2774	Out of county however services Perth and City of Stratford
ConnexOntario	1-866-531-2600	Adults/Frontline Workers
BounceBack	1-866-345-0224	Adult/Youth
KidsHelp Phone	1-800-668-6868	24/7 virtual, phone and text support
Good2Talk	1-866-925-5454 or text GOOD2TALKON to 686868	Post secondary student support
Anxiety Canada	https://www.anxietycanada.com/	Website Resource
Children's Mental Health Ontario	https://cmho.org/parent-resources/	Website Resource
School Mental Health Ontario	https://smho-smso.ca/students/learn-more/about-your-mental-health/	Website Resource
Teen Mental Health	https://teenmentalhealth.org/toolbox/	Website Resource
Mindfulness	http://mindfulmike.ca/	Website Resource

Wellness Together Canada

<https://ca.portal.gs/>

Website Resources