

KEEPSAFE CONNECTIONS – Kingston

KEEPSAFE CONNECTION	CONTACT INFORMATION	WHAT DO THEY DO	HOURS
Sexual Assault Centre Kingston	613 545 0762 Crisis Line: 613 544 6424	Sexual assault and abuse-related calls, can support those with suicidal ideation and make referrals	24 hours/day
Trans Lifeline	877-330-6366	Hotline operated by transgender people for transgender people	24 hours/day
ConnexOntario	1 866 531 2600 Connexontario.ca	Mental health crisis hotline	24 hours/day Online
Canada Suicide Prevention Service Text	1 833 456 4566 Text 45645	Text service for crisis support	4pm-12am daily
AMHS-KFLA Walk-In	552 Princess Street, Kingston	Free, confidential, mental health and addictions specialists	Mon-Fri, 8:30 AM- 4 PM
AMHS-KFLA Crisis Lines	613 544 4229 1 866 616 6005	Immediate support, advocacy and referrals to services; mobile services available	24 hours/day
PARO 24 Hour Helpline	1 866 435 7362	Crisis intervention	24 hours/day
Police Mobile Crisis Intervention	PEC 613 476 2151 (also 911) Kingston 613 549 4660	Police intervention	24 hours/day
9-1-1	911	Police/ambulance	24 hours/day

Ontario Suicide Prevention Network Helpful Links
(more hotlines, referral programs, identity-based services, and information centres):

<http://ospn.ca/index.php/helpful-links>

Finding Long-term Support Options (Low Cost Focused) – Kingston

SERVICE	CONTACT INFORMATION	WHAT DO THEY DO	HOURS
<i>Counselling, Psychotherapy, Groups, and Referral Services</i>			
2-1-1	211	Referral help for non-profit services	24 hours/day
BounceBack Ontario	1 866 345 0224	Online videos, telephone coaching and workbooks	Online
Ontario Psychotherapy and Counselling Program	referrals.psychotherapyandcounseling.ca/	Referrals for low-cost psychotherapy provided on a sliding scale	Online
Ontario Find-a-Doctor	https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner Health Care Connect: 1 800 445 1822 (or online, google “Ontario Health Care Connect”)		
LGBT YouthLine	youthline.ca 1 800 268 9688	LGBTQ-focused community programs (counselling, group, etc.)	Varies/Online
Mood Disorders Association of Ontario	613 544 2886 1 888 486 8236	Peer support groups, telephone support, referrals, public education, workshops.	Varies
Child & Adult Mental Health Programs Hotel Dieu Hospital	613 544 3400 ext 2551 Hoteldieu.com	By referral, intervention day programs available	Mon-Fri 8:30-4:30

This is an incomplete list. There may be other services that work best for you and your specific needs, so we encourage you to seek them and share them! What works for you may not work for others, but we only gain by sharing.