

# Community Mental Health Resources

**Here 24/7** → 1.844.437.3247

- Addictions, mental health, and crisis services

**Carizon** → 519.743.6333

- 400 Queen St. South, Kitchener
- Walk-In Counselling Tuesdays from 12 – 6 pm
- Sliding scale basis to individuals of all ages - no one turned away due to inability to pay

**Front Door Walk-In Counselling** → 519.749.2932

- 1770 King St. E., Kitchener
- Wednesday 12 pm – 6:30 pm and Saturday 9 am to 3:30 pm
- Eligibility: teens, parents of a child under 18 years old, a young person under the age of 12 with your parents' consent, a young person 12 or older (you can attend with an adult if you wish)
- Free
- Location is not wheelchair accessible

**KW Counselling** → 519.884.0000

- Walk-in counselling clinic
  - Thursdays from 12-6 pm at 480 Charles St. E, Kitchener
  - Sliding scale basis; no one turned away due to inability to pay
- LGBTQ+
  - Free counselling for those in Waterloo Region

**Kitchener Downtown Community Health Centre** → 519.745.4404

- Appointments required.
- 44 Francis Street South, Kitchener
- KDCHC focuses on clients who have barriers to accessing health care and often have health inequities. Priorities include isolated seniors, youth at-risk, people with low-incomes, new Canadians and people who are homeless / at risk of homelessness.



| [kpl.org](http://kpl.org)

## SOS – Specialized Medical, Addiction, and Mental Health Outreach Services

- Provides Services to individuals 18 years and older living with mental health or addiction and concurrent issues who are homeless / at-risk of homelessness and street-involved.
- SOS teams are comprised of an RN/RPN, a counsellor/support coordinator, and a peer worker
- Referrals can be made by contacting team members directly at 519.575.5282

## SHORE Centre → 519.743.9360 or [info@shorecentre.ca](mailto:info@shorecentre.ca)

- 130-235 King St. E, Kitchener
- Pregnancy options information and support: abortion, adoption, parenting
- Online abortion referral: <https://referral.shorecentre.ca/>

## Region of Waterloo Public Health → 519.883.2267

- STI/HIV testing clinics & safepoint needle syringe program
- Free safer sex supplies (e.g. condoms/lube)
- All services are free and confidential. No health card required.
- Call to make an appointment, or visit a drop-in clinic
  - Drop-in Clinic Services:
    - Public Health – 99 Regina St. S, Waterloo
      - Monday, Tuesday, Thursday from 1 pm to 4 pm
    - Public Health – 150 Main St, Cambridge
      - Tuesday from 1:30 pm to 6 pm
    - ACCKWA – 5-1770 King St. E, Kitchener
      - Thursday from 4 pm to 6:30 pm (HIV Testing Only)
  - Youth Sexual Health Clinics (24 and under):
    - Downtown Community Centre, 35-B Weber St. W, Kitchener
      - Wednesday from 3 pm to 5:30 pm
  - Counselling Services
    - Public Health - 99 Regina St. S, Waterloo and 150 Main St, Cambridge
      - Monday to Friday from 9 am to 11:30 am and 1 pm to 4 pm

## Kids' Help Phone (24 hours) → 1.800.668.6868

- Can also be used by youth/teens
- Online chat: 6 PM to 2 AM – visit <https://www.kidshelpphone.ca>
- Anonymous and confidential