

CRISIS & SUPPORT PHONELINES FOR GRIMSBY 2SLGBTQIA+ YOUTH

If you or someone you know are in crisis, please call 911

COAST Niagara - Crisis Outreach and Support Team 1-866-550-5205
COAST is a mobile crisis outreach and intervention service operates seven days a week, 24-hours a day for individuals 16 years and older experiencing a mental health crisis. Information is collected over the phone by a qualified health professional. x2

Distress Centre Niagara - Grimsby, West Lincoln 905-563-6674
If you or someone you know is in need of support, the Distress Line service continues to be available 24/7.

Youth Line 1-800-268-9688
Confidential and non-judgemental peer support through telephone, text and chat services. Services available across Ontario Sunday-Friday from 4:00pm-9:30pm for youth to 26 y/o. text: 647-694-4275

Trans Lifeline 1-877-330-6366
A peer support hotline run by transgender people for trans or questioning peers. Volunteers answer from 10am - 4 am.

Pathstone - Niagara 905-688-6850 x8
One of our intake team will support you through the screening process and learning about your concerns. Once this information is gathered you will be booked for a Choice Appointment with a Pathstone therapist. This appointment will be no more than 6 weeks from the date you call.

Quest CHC - Rainbow Health Services 905-688-2558 x0
Rainbow Niagara Services: addressing the gap in health and social services that are tailored to the unique needs and barriers experienced by sexually and gender diverse populations

Gillian's Place 905.684.8331
Our team offers confidential, non-judgemental advice and support for women, non-binary individuals, and their children experiencing gender based violence and abuse. Call or text our 24/7 support line to speak with a compassionate counsellor. If this is an emergency, please dial 911.