

Please note – Our current wait times for mental health referrals are longer than usual.

If you need support while waiting, here are counselling supports in the community:

Free Programs:

Bounce Back Ontario (no charge)

<https://bouncebackontario.ca/>

Mind Beacon (no charge)

mindbeacon.com

Peer Support Groups through CMHA (no charge)

[SHPS-May-2022-Calendar-w-Virtual-Drop-In-Group-connection-details-v2.pdf \(cmhawselfhelp.ca\)](#)

CBT and wellness groups through the Guelph Family Health Team (no charge)

www.guelphfht.com/wellness-workshops-and-programs/

CMHA via HERE 24/7 (no charge)

www.here247.ca

Crisis Text Line

Text HOME to 741741

Fee for Service Counselling:

Compass Community Services (sliding scale fee for service)

compasscs.org

Private Therapists via psychologytoday.com (fee for service)

For a list of other community resources for mental health, addictions and grief support, click here:

Helpisherewellington.com