

Health and Well-being

Employee Assistance Programs (EAP) Employee Assistance program (Hurst Place) provides employers with all the tools needed to ensure a "healthy" progressive organization. Employees are offered complete health, safety, wellness and training programs fit to each organization's needs. LifeWorks 209 Limeridge Road East Hamilton, ON L9A 2S6 1-888-521-8300
<https://www.mohawkssi.com/en/services/employeeassistanceprograms.asp>

Mental Health

Mental Health Services provide a variety mental health services including forensic services, complex trauma, brief therapy, street outreach and case management.

<https://www.hamilton.ca/public-health/clinics-services/mental-health-services>

COAST stands for "Crisis Outreach and Support Team". We are a mobile crisis team made up of Crisis Workers who can assist in a mental health-related crisis situation.

24-Hour Hamilton Crisis Line 905-972-8338

<http://coasthamilton.ca/>

COAST Hamilton's crisis line is answered 24 hours a day, 7 days a week.

The COAST mobile team, consisting of a mental health worker, and a police officer, will respond to crisis calls between the hours of 8 a.m. and 1 a.m. daily.

SACHA (Sexual Assault Centre)

Works towards a world where all women and children live free from violence, oppression and exploitation. A 24-hour support line for survivors of sexual assault age 16+. 905-525-4162
sacha.ca

Youth Line The Lesbian Gay Bi Trans Youth Line exists to provide service for youth, by youth that affirms the experiences and aspirations of lesbian, gay, bisexual, transsexual, transgender, 2-spirited, queer and questioning youth in Ontario. Working within an anti-oppression and anti-racist framework, we provide leadership opportunities, outreach, confidential peer support and referrals by telephone, texting and online.

<http://www.youthline.ca/>

TipOff service is for anonymous reporting of bullying and other incidents that may make schools unsafe. TipOff can receive reports by text message, phone call, smart phone app or web chat – and this information is shared with the school for next steps based on Board/school protocols.

Text message to 905-963-0066 Phone call to 905-963-0066