



# HEALTH AND WELLNESS RESOURCES

## Peer Support Program

The Peer Support Program is a team of trained colleagues, from across disciplines, who provide confidential, individual support to any staff experiencing personal or workplace stress. This may include meeting one-on-one or providing support via telephone, virtual meeting, or email. Peers may act as a resource for information or provide referrals. The peer team may also be mobilized following a traumatic event to provide immediate support to staff by conducting a Critical Incident Stress Debriefing, allowing teams to decompress before returning to work.

[peer.support@bchsys.org](mailto:peer.support@bchsys.org) • Ext. 4769 • E-wing level 3, office 963 • [www.bchsys.org/PeerSupportProgram](http://www.bchsys.org/PeerSupportProgram)

## Employee and Family Assistance Program (EFAP) - Homewood Health (24/7)

- Visit [www.homeweb.ca/](http://www.homeweb.ca/)
- Click on the Sign up tab
- Enter: Brant Community Healthcare System under Organization and pick this from the drop down menu
- You will then be prompted to enter an Invitation Code- please use "CMH747"
- You will then be able to create your log on information

Phone: 1-800-663-1142 • [www.homeweb.ca/](http://www.homeweb.ca/)

## Sexual Assault and Domestic Violence (SADV) Care Team

The Centre assists women, men, and Trans people who are victims/survivors of sexual assault and domestic/intimate partner violence. A nurse is available 24 hours a day, 7 days a week.

[infosadv@bchsys.org](mailto:infosadv@bchsys.org) • Phone: 519-751-5544 ext. 4449 • Text: 226-387-9480

## Indigenous Support Services

**Employee and Family Assistance Program** - Access specialized care 24/7 for Indigenous Supports

Phone: 1-800-663-1142 and request Elder/Knowledge Keeper Support. If you do not have an Elder/Knowledge Keeper please specify you would like to be connected with a professional counsellor specialized in Indigenous culture. [www.homeweb.ca/](http://www.homeweb.ca/)

### BCHS Indigenous Supports

BCHS is committed to the support and promotion of Indigenous Cultural Safety throughout our communities. Please visit [www.bchsys.org/indigenoushealth](http://www.bchsys.org/indigenoushealth) for more information.

## **988 Suicide Crisis Helpline**

24/7 for calls and texts,

- [www.988.ca](http://www.988.ca) • Phone/Text: 988

## **211 Ontario**

A helpline that easily connects people to the social services, programs & community supports they need

- [www.211ontario.ca](http://www.211ontario.ca) • Phone/Text: 211

## **Mind Beacon**

Free therapy for Ontario residents

- [www.mindbeacon.com](http://www.mindbeacon.com)

## **MindShift CBT**

Free evidence-based anxiety relief app from Anxiety Canada

- MindShift® CBT App - Anxiety Canada

## **Bounce Back**

Free guided self-help program for those ages 15 & up.

- [www.bouncebackontario.ca/](http://www.bouncebackontario.ca/)

## **Boots on the Ground**

Anonymous Ontario-based helpline for first responders

- 1-833-677-BOOT • [www.bootsontheground.ca](http://www.bootsontheground.ca)

## **Wellness Together Canada**

Mental health and substance use support provided by the Government of Canada

- [www.wellnesstogether.ca](http://www.wellnesstogether.ca)

## **Hope for Wellness**

Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada (available in some Indigenous languages)

- 1-855-242-3310 • [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

## **Talk4Healing**

A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario

- Call/text: 1-855-554-4325 • [www.beendigen.com](http://www.beendigen.com)

## **SOAR Community Services - Addiction and Mental Health Programs**

- 225 Fairview Drive (Brantford)
- 24/7 crisis line 519-759-7188 or 1-866-811-7188

## **Homewood Health Centre (Guelph)**

Outpatient and Inpatient services, after care programs

- 519-824-1010

## **Holmes House (Affiliated with Norfolk General Hospital - Simcoe)**

Voluntary, free detoxification and recovery planning program

- 519-428-1911 • Crisis Line 1-888-999-4966

## **A Fresh New Start**

Physician-based addiction and mental health services, counselling, and case management. Free, self-referrals accepted.

- 205 Colborne Street (Brantford) • 519-758-5800

## **Crisis Services Canada**

- Call 1-833-456-4566 • Text 45645

## **Womankind Addiction Services**

Withdrawal Management: a non-medical crisis Centre for women who are intoxicated or withdrawing from alcohol or other substances. offers a safe, caring atmosphere in which women can withdraw from substances and be referred to services and addiction treatment as appropriate. Self-referral.

- Withdrawal Management 905-545-9100
- Treatment 905-521-9591 ext. 237
- Intake and Family group 905 521-9591 Ext 238
- Crisis line 905-545-9100