

Access to Mental Health Services: Dufferin- Guelph - Wellington

No Fee Services

Upper Grand District School Board (UGDSB)

- The UGDSB has a variety of services available including Attendance and Counselling, Psychological Consultants and Child and Youth Counsellors who support students throughout the school board. If you have a concern that you would like to share with your child/youth's school, please contact your child/youth's teacher or principal to discuss concerns and the supports that are available through the school and in the community.

Mental Health Agencies:

- Canadian Mental Health Association Waterloo Wellington Dufferin Branch (CMHA WWD)- formerly Trellis: Guelph and Wellington
 - To access Addictions, Mental Health (including eating disorders and first episode psychosis) and Crisis Services (Guelph/Wellington for Children/Youth and Guelph/Wellington/Dufferin for Adults) contact:
 - HERE247 at 1 844 437 3247 (1 844 HERE247)
 - www.here247.ca
 - Walk in Services on Tuesdays for Children/Youth 1:30- 7:00 at 485 Silvercreek Pkwy, Guelph
 - <http://www.cmhawwd.ca>
 - For general information about CMHA WWD: 519-821-2060
 - <http://www.cmhawwd.ca>
- Dufferin Child and Family Services (Dufferin for Children/Youth)
 - To access Addictions, Mental Health and Crisis Services
 - 519-941-1530
 - Talk in Services on Tuesdays 1:00- 7:00
 - 655 Riddell Road, Orangeville
 - <http://dcafs.on.ca/>

Family Health Teams

- Dufferin Area Family Health Teams
 - <http://dafht.ca/>
 - 519-938-8802 ext. 314
- Guelph Family Health Teams
 - <http://www.guelphfht.com/>
 - 519-837-4444
- North Wellington Family Health Teams
 - www.mmfht.ca (Minto-Mapleton); Telephone: 519-638-2110
 - www.mountforestfht.com (Mount Forest); Telephone: 519-323-0255
- Centre Wellington Family Health Teams

- <http://uppergrandfht.org/>
- Phone: 519-843-3947
- East Wellington Family Health Team
 - <http://www.ewfht.ca/>
 - 519-833-9396

Community Support Lines

- Guelph Wellington Child and Youth Sexual Assault Abuse Team (CYSTAT)
 - For access to supports, referrals and crisis response for: children who have been sexually abused, children who exhibit sexualized behavior and youth who have sexually offended
 - 519-400-1263
- KIDS LINE
 - 1-800-265-7293 ext. 3616
 - For referrals, prenatal, parenting and child development questions
 - Speak with a WDG Public Health nurse
 - Monday to Friday, 8:45 a.m. - 4:15 p.m

Agencies using Scaled Fees

- Family Counselling and Support Services (Guelph-Wellington)
 - <http://www.familyserviceguelph.on.ca/>
 - 519-824-2431
- University of Guelph Family Counselling and Support Services
 - <http://www.familyserviceguelph.on.ca/>
 - 519-824-2431
- Dufferin-Peel Catholic Family Services
 - Available at Dufferin Child and Family Services
 - <http://www.cfspd.com/contact.html>
 - 1-888-940-0584

Private Services (for information purposes)

- College of Psychologists
 - To find a registered psychologist by city or postal code see:
 - https://members.cpo.on.ca/public_register/new
- Therapists in Guelph
 - <http://www.theravive.com/cities/on/counselling-guelph.aspx>
- Therapists in Orangeville:
 - <http://www.theravive.com/cities/on/counselling-orangeville.aspx>

Note: Costs for some services may be provided through Employee Assistance Programs or benefit packages at parents'/guardians' workplaces.