

# Mental Health Support Services

## Walk-In Mental Health Support

### Crisis and Mental Wellness Centre

Address: 744 Ouellette Ave. Windsor

Ages: 16 and up

Hours: 8:00 am to 8:00 pm daily (7 days/week)

*\*Non-crisis mental health and substance use services.*

### Mental Health and Addictions Crisis Urgent Care Centre (MHAUCC)

Address: 744 Ouellette Ave. Windsor (As of February 22, 2021)

Ages: 16 and up

Hours:

Monday-Friday 11:00 am -7:00 pm

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## Phone Mental Health Support

### [Kids Help Phone](#)

You can chat with a trained, volunteer crisis responder for support any time, about anything.

Phone: 1-800-668-6868

OR use the Always There app

OR text CONNECT to 686868

Hours: 24 hour crisis line

Ages: Up to the age of 29

### [Community Crisis Centre](#)

Phone: 519-973-4435

Hours: 24 hour crisis line

Ages: 16+

### [Windsor-Essex Counselling Support Line](#)

Phone: 519-946-3277 or 1-877-451-1055

Hours: 24 hour support line (mild to moderate distress)

Ages: 18+

### [LGBT Youth Line](#)

Phone: Text 647-694-4275

Email: [askus@youthline.ca](mailto:askus@youthline.ca)

Live Chat: [www.youthline.ca](http://www.youthline.ca)

Hours: 4 pm to 9:30 pm Sunday to Friday

*At Youth Line, all volunteers are trained peer supporters ages 16 to 29 with a diversity in 2SLGBTQ + identities and lived experiences.*

### [Hope for Wellness](#)

Phone: 1-855-242-3310 or connect to the online chat at [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

Hours: 24 hour support line

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## **Mental Health Resources**