

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

Live Chat: 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

Hours: 24 hour support line

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Mental Health Resources