



# MENTAL HEALTH

*There is help available*

## AA Intergroup Toronto

To contact someone if you need to talk if you think you are struggling with alcohol  
1-877-404-5591 ( 24/7 hotline)

[www.aatoronto.org](http://www.aatoronto.org)

## AA Intergroup Barrie

If you are looking for a meeting:

705-725-8682

[www.barrieaa.org](http://www.barrieaa.org)

For AA meeting information

## Brown Baggers Secular AA Group

For Secular AA information

5 Zoom daytime meetings a week and lists of many other Secular meetings

[www.Brownbaggerssecularaa.com](http://www.Brownbaggerssecularaa.com)

All are welcome

## Simcoe County Mental Health Crisis Line

If you are in need of help for any mental health matters including suicide, depression, anxiety, addiction

1-888-893-8333

24/7 Crisis Line

[www.cmhastarttalking.ca](http://www.cmhastarttalking.ca)

## Telehealth Ontario:

A speak to a registered nurse for help with any health matters including depression, anxiety, addiction, or any mental health concerns. This is free and confidential,

24 hours a day, 7 days a week.

1-866-797-0000

## ConnexOntario

Free and confidential health services information for anyone experiencing problems with alcohol, drugs, mental health and/or gambling.

Available 24/7

1-866-531-2600

## Distress and Crisis

[www.dcontario.org](http://www.dcontario.org)

Distress Centres across Ontario for the lonely, depressed and/or suicidal people.

24/7. The website also offers a chat function