

**Barret Centre:** (905)-529-4343, open 24 hours 365 days a year  
Provides a safe environment in the community and responds to the needs of individuals 16+ who experience mental health crisis and do not require a hospital stay.

**COAST:** (905)-972-8338, open 24 hours 7 days a week  
Mental health worker will respond to a call on the COAST crisis line and make a preliminary assessment regarding the mental health concern. The worker will determine whether to respond with telephone support or by mobile visit.

**Sexual Assault Centre:** (905)-525-4162, 24 hour support  
Provides confidential and anonymous telephone support to people 16 years and older who have experienced sexual assault.

**First Nations and Inuit Hope for Wellness Help Line:** 1-855-242-3310, 24 hours 7 days a week  
Crisis intervention telephone support for indigenous people, recommendations to follow up services.

**ConnexOntario Helpline:** 1-866-531-2600, 24 hours daily  
Telephone service providing confidential information about addiction, mental health and problem gambling resources in Ontario including how to access them.

**Crisis Services Canada:** 1-833-456-4566, 24 hours daily  
Crisis support contact centre platform to prevent suicide. Person in crisis will be linked to responder, support and resources are provided, confidential support.

**Distress Centre Halton- Oakville Office:** (905) 681-1488 for Oakville, (905)-877-1211 for North Halton, (905)-681- 1488 for Burlington. Chat and text: 647-557-6250, limited hours.  
Registered charity that supports people in the community to better cope with crisis, loneliness and emotional stress by phone. Offers text support, connects 1 on 1 with chat volunteer.

**Support Services for Male Survivors of Sexual Abuse:** 1-866-877-0015, daily 24 hours  
Provides access to specialized services for male survivors of sexual abuse.

**Trans lifeline:** 1-877-330-6366. Non-profit organization which provides crisis hotline for transgender folks staffed by transgender folks (volunteer operators).

### Recovery Technology Supports

<b>My Spiritual Toolkit</b>	12-Step Specific	Free + in-app purchases	iOS and Android	Tools to help you engage with AA and work through your 12-step program. Includes daily journal
<b>Today's Hope</b>	12-Step Specific		iOS	Daily readings with an Al-Anon focus
<b>Meeting Guide</b>	12-Step Specific	Free	iOS and Android	AA meeting guide & meeting availability
<b>AA Big Book Free</b>	12-Step Specific	Free + in-app purchases	Android	AA Big Book in app form. Includes podcasts, speaker tapes, and a sobriety

				calculator. In-app chapter comments
<b>In The Rooms App</b>	12-Step Specific	Free	iOS and Android	Social networking platform for individuals in recovery. Access to live meetings, in-person meeting finder, blogs & recovery resources, direct 1-on-1 connections to peers
<b>12-Step Meditation Daily Reflections for AA, NA, Al-Anon</b>	12-Step Specific	Free + in-app purchases	iOS	Guided meditations, music, prayers and 12 step audio recovery content. Content is derived directly from 12-step programs
<b>PinkCloud</b>	12-Step Specific	Free + in-app purchases	iOS and Android	Companion App for 12-Step groups - worldwide meeting finder
<b>I Am Sober</b>	Drink Tracker/Daily Diary	Free + in-app purchases	iOS and Android	Daily sobriety tracker, habit building, motivation and support to maintain sobriety, withdrawal timeline. Connectivity to worldwide network of individuals in recovery
<b>Daylio</b>	Drink Tracker/Daily Diary	Basic - Free, Premium - \$9.99	iOS and Android	Daily diary, mood tracker, activity tracker, etc
<b>Stop Drinking (EasyQuit)</b>	Drink Tracker/Daily Diary	Free	Android	Helps you "quit drinking slowly". Track daily drinks or sober days. Includes motivation features (e.g. money saved, health impacts, days without drinking, etc.)
<b>Nomo - Sobriety Clocks</b>	Drink Tracker/Daily Diary	Free	iOS and Android	Simple clock to track # of days sober. Create multiple clocks to track multiple activities/goals. Connect with others to share successes and accountability
<b>Woebot</b>	Mental Health	\$39/month	iOS and Android	Mental Health Chat Bot - therapeutic support through a chat bot
<b>Wellness Together Canada</b>	Mental Health	Free	Online Portal	Mental health and Substance Use support & resources, immediate crisis support (Collaboration with Homewood Health, Kids Help Phone, Stepped Care Solutions)
<b>AbilityCBT</b>	Mental Health	Free for residents of	Online Portal	Cognitive Behavioural Therapy counselling, resources, tools, and support

		Ontario and Manitoba		offered through the Ontario and Manitoba gov.
<b>I Am - Positive Affirmations</b>	Mindfulness	Free + in-app purchases	iOS and Android	Dailt positive affirmations to combat negative thoughts. Set daily intentions and specific goals
<b>Calm</b>	Mindfulness	Basic - Free, Premium - \$69.99/year	iOS and Android	Meditation, sleep aid, relaxation, mindfulness
<b>Headspace</b>	Mindfulness	Basic - Free, Premium - \$69.99/year	iOS and Android	Meditation, sleep aid, relaxation, mindfulness
<b>Habitica</b>	Other	\$1.19 - \$63.99 per in-app item	iOS and Android	Immersive role playing game to enhance productivity, achive daily life goals, change lifestyle habits
<b>Huddol</b>	Other	Free (Paid pro services)	Online Portal	Social platform of online coaches and counsellors to help users with self-improvement, achieve goals, improve lifestyle, find support
<b>Fabulous</b>	Physical Wellness	\$12.99+/month	iOS and Android	Uses behavioural science to help users build healthy habits and form a healthy life style. Daily tracking.
<b>Saying When</b>	Recovery Support	Free	iOS and Android	Developed and offered by CAMH to provide self-helpste-by-step recovery support from drinking
<b>Drink Coach</b>	Recovery Support	Free	iOS and Android	Track drinking, access support and online coaching to change drinking
<b>Pear reSET</b>	Recovery Support	Free	iOS and Android	12-week prescription digital therapeutic for patients with opioid use disorder who are in outpatient treatment. It provides cognitive behavioral therapy, as an adjunct to outpatient treatment that includes transmucosal buprenorphine and contingency management, for patients who are currently under the supervision of a clinician
<b>Sober Grid</b>	Recovery Support	Free	iOS and Android	Anonymous social networking to other individuals in recovery. Post updates, private message, and connect to other sober

				individuals in your area, receive or offer safe rides to recovery meetings
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