

HEALTH AND WELLNESS RESOURCES



Peer Support Program

The Peer Support Program is a team of trained colleagues, from across disciplines, who provide confidential, individual support to any staff experiencing personal or workplace stress. This may include meeting one-on-one or providing support via telephone, virtual meeting, or email. Peers may act as a resource for information or provide referrals. The peer team may also be mobilized following a traumatic event to provide immediate support to staff by conducting a Critical Incident Stress Debriefing, allowing teams to decompress before returning to work.

peer.support@bchsys.org • Ext. 4769 • E wing level 3, office 963 • www.bchsys.org/PeerSupportProgram

Mental Wellness Supports for Healthcare Workers during COVID

If you are a health care worker impacted by stress related to COVID 19, support is available to help you cope. This support includes resources you can access on your own, with a group of peers or with a clinician.

[COVID-19: Support for people | Ontario.ca](https://www.ontario.ca/covid-19-support)

BCHS ED Crisis Nurse/Crisis counselor (triaged through ED)

The Outpatient Mental Health Team at the BCHS is now available to assist with staff managing psychological issues that may arise as a result of the COVID-19 pandemic. Confidential counselling sessions and psychiatric consultations are available by telephone, in person or virtually. Staff can access these services by completing and sending the referral form directly to the Outpatient Mental Health Team.

Referral form: S:\HumanResources\COVID-19

Employee and Family Assistance Program (EFAP) - Homewood Health (24/7)

Phone: 1-800-663-1142 • homeweb.ca/

- Click on the Sign up tab
- Enter: Brant Community Healthcare System under Organization and pick this from the drop down menu
- You will then be prompted to enter an Invitation Code- please use "CMH747"
- You will then be able to create your log on information

Indigenous Support Services

bchsys.org/indigenoushealth • Ext. 4561 • B Wing level 1 room 301a

Sexual Assault and Domestic Violence (SADV) Care Team

The Centre assists women, men, and Trans people who are victims/survivors of sexual assault and domestic/intimate partner violence. A nurse is available 24 hours a day, 7 days a week.

infosadv@bchsys.org • Phone: 519-751-5544 ext. 4449 • Text: 226-387-9480

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211 Ontario • www.211ontario.ca • Phone/Text: 211

A helpline that easily connects people to the social Services, programs and community supports they need.

Mind Beacon • mindbeacon.com

Free therapy for Ontario residents

MindShift CBT • [MindShift® CBT App - Anxiety Canada](#)

Free evidence-based anxiety relief app from Anxiety Canada

Bounce Back • bouncebackontario.ca/

Free guided self-help program for those ages 15 and up.

Boots on the Ground • 1-833-677-BOOT • bootsontheground.ca

Anonymous Ontario-based helpline for first responders.

Wellness Together Canada • www.wellnesstogether.ca

Mental health and substance use support provided by the Government of Canada.

Hope for Wellness • 1-855-242-3310 • hopeforwellness.ca

Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada (available in some Indigenous languages)

Talk4Healing • Call or text: 1-855-554-4325 • beendigen.com

A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario.

St Leonard's Community Services - Addiction and Mental Health Programs

225 Fairview Drive (Brantford) • 24/7 crisis line 519-759-7188 or 1-866-811-7188

Homewood Health Centre (Guelph) • 519-824-1010

Outpatient and Inpatient services, after care programs

Holmes House (Affiliated with Norfolk General Hospital - Simcoe)

Voluntary, free detoxification and recovery planning program • 519-428-1911 • Crisis Line 1-888-999-4966

A Fresh New Start • 205 Colborne Street (Brantford) • 519-758-5800

Physician-based addiction and mental health services, counselling, and case management.
Free, self-referrals accepted.

Crisis Services Canada • Call 1-833-456-4566 • Text 45645

Womankind Addiction Services

Withdrawal Management: a non-medical crisis Centre for women who are intoxicated or withdrawing from alcohol or other substances. offers a safe, caring atmosphere in which women can withdraw from substances and be referred to services and addiction treatment as appropriate. Self-referral.

Withdrawal Management 905-545-9100 • Treatment 905-521-9591 ext. 237

Intake and Family group 905 521-9591 Ext 238 • Crisis line 905-545-9100