

# Where to Talk About "It"

## Counselling

Tyndale Counselling Services - Until April 30th, full-time students can receive unlimited FREE counselling sessions, and the LOW FEE for part-time student sessions have been REDUCED!

-For more information: <https://www.tyndale.ca/counselling>.

-Submit an intake form: <https://www.tyndale.ca/counselling/contact>.



## Spiritual Direction

A form of soul-care where you meet regularly with another Christian, who helps you examine and work on your relationship with God. This is not a substitute for counselling but helps you identify your spiritual gifts and encourages you in your walk with the LORD.

-This is something to set up for yourself. Visit

<https://www.tyndale.ca/seminary/tasd> for details.



## External Support Lines

These call-in and online resources provide mental health strategies and/or opportunities to talk in crisis. Visit these sites for more info:

**ConnexOntario** <https://www.connexontario.ca/> **1-866-531-2600**

-Points you to local resources to support with mental illness and/or addiction, drug, and gambling challenges.

**Good2talk**

<https://good2talk.ca/>

-A post-secondary student crisis hotline, servicing Ontario (1-866-925-5454) and Nova Scotia (1-833-292-3698).

-There is also a text line powered by Kids Help Phone: (Text GOOD2TALKON or GOOD2TALKNS to 686868)

**Crisis Services Canada**

-[www.crisisservicescanada.ca/en/looking-for-local-resources-support/](http://www.crisisservicescanada.ca/en/looking-for-local-resources-support/)  
-Lists various crisis lines for pretty well anywhere across Canada.

**CMHA - Canadian Mental Health Association**

-Lists various mental health resources as well as resources on how to deal with addiction (<https://ontario.cmha.ca/document-category/mental-health-info/>).

-Links to Bounceback, which provides free coaching and skill-building sessions to help deal with stress, depression, anxiety, etc. (<https://bouncebackontario.ca/>).

