



## Mental health, addictions and situational support for individuals 16 years of age and older

Mental health counsellors are available to assist individuals (16+ years of age) in meeting immediate needs for problem solving, goal setting, and linking to appropriate community supports. Follow up services and connections to other resources are provided. No referrals or appointments required.

*Drop into one of our locations.*

### **URGENT SUPPORT SERVICES**

**Monday to Friday**

**11:30 a.m. – 5:30 p.m.**

**264 Welland Avenue, Suite 103, St. Catharines**

**6760 Morrison Street, Niagara Falls**

**“One Session at a Time”**

**WALK IN COUNSELLING**

**11:30 to 5:30 pm**

**Tuesday: 264 Welland Avenue, Suite 103, St. Catharines**

**Wednesday: 6760 Morrison Street, Niagara Falls**

**Thursday: 20 Jarvis Street, Fort Erie**

**Inquiries to: 905-641-5222**



## CRISIS OUTREACH AND SUPPORT TEAM

---

24 HOURS/7 DAYS PER WEEK

**CRISIS LINE: 1-866-550-5205**

COAST provides services to people in the Niagara Region who are in crisis and have a mental health concern.

Mental Health Professionals work as a team in a unique partnership with police officers who are specially trained in mental health.

Information is collected over the phone by a qualified health professional. If needed, the mobile team will assess the person in crisis in their community.

Ongoing telephone support and/or referral to appropriate follow-up services may be recommended to prevent further crisis.

COAST is **not** a rapid-response service. For life-threatening emergencies CALL 9-1-1.

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



## **MOTIVATION. CHANGE. FREEDOM.**

We are committed to excellence in providing client-centered addiction services for people seeking healthier lives.

**MAIN OFFICE LOCATION: 60 JAMES STREET, SUITE 401, ST.  
CATHARINES, ON L2R 7E7**

[WWW.CASON.CA](http://WWW.CASON.CA)

[INFO@CASON.CA](mailto:INFO@CASON.CA)

Satellite offices throughout Niagara including Fort Erie, Niagara Falls, Smithville, Welland, Grimsby, Beamsville & Pt Colborne

**(905) 684-1183**

**Fax: (905) 684-1551**

### **ASSISTING CLIENTS ON THEIR JOURNEY TO RECOVERY**

- Counselling for individuals struggling with substance use, gambling/gaming behavior
- Support for family & loved ones
- Satellite offices throughout the Niagara Region
- Available for all ages
- Free, professional & confidential