



The Breathing Space Therapy

Accessible mental health care for individuals and couples across Ontario

Waterloo Region Crisis & Support Lines

■ Emergency & Immediate Help

Call **911** or go to your nearest **hospital emergency department**.

If you cannot travel safely, call 911 and request a wellness check.

■ **Grand River Hospital (Kitchener):** 519-749-4300

■ **Cambridge Memorial Hospital:** 519-621-2330

■ **St. Mary's General Hospital:** 519-744-3311

■ 24/7 Crisis Lines – Waterloo Region

Here 24/7 (Waterloo-Wellington): 1-844-437-3247 (HERE247) | here247.ca

Single access point for mental health, addictions, housing, and crisis support.

988 Suicide Crisis Helpline: Call or text 988

CMHA WW Crisis Services: 1-844-264-2993

Grand River Hospital Mobile Crisis Team (via Here 24/7): Connects clients to in-person crisis assessments.

■ Family, Youth & Community Supports

Front Door (Children & Youth 0–18): 519-749-2932 | frontdoormentalhealth.com

Kids Help Phone: 1-800-668-6868 | Text CONNECT to 686868

Good2Talk (Post-Secondary): 1-866-925-5454 | Text GOOD2TALKON to 686868

Women's Crisis Services of Waterloo Region: 519-742-5894 | wswr.org

Victim Services of Waterloo Region: 519-585-2363 | vswr.ca

■ Mental Health, Addiction & Culturally Sensitive Supports

SASC (Sexual Assault Support Centre WR): 519-741-8633 | sascwr.org

House of Friendship: 519-742-8327 | houseoffriendship.org

Naseeha Muslim Helpline: 1-866-627-3342 | Text 1-866-627-3342 | naseeha.org

Hope for Wellness (Indigenous Support): 1-855-242-3310 | hopeforwellness.ca

■ The Breathing Space Therapy

Serving **Cambridge and surrounding areas**, in person and online.

Providing trauma-informed psychotherapy integrating somatic, DBT, and faith-based care in a safe, inclusive space.

■ 647-338-0655

■ info@thebreathingspacetherapy.com

■ www.thebreathingspacetherapy.com

■ Book online: breathingspacetherapy.janeapp.com

Scan to Book an Appointment



If you are in immediate danger, call 911 or go to your nearest emergency department.

© The Breathing Space Therapy | Cambridge & Online | info@thebreathingspacetherapy.com