

Personal Stress, Crisis Support Services



Distress Centres in Ontario are available to offer **confidential, private support** for anyone who is feeling emotionally impacted, or in distress or crisis resulting from the transitioning in the horse racing industry. Whether you are directly impacted, or someone you care about – family, friends or work-associates, you can connect with us 24/7 every day of the year.

Do you, or those close to you need:

- A listening ear, and an empathic response
- Referrals to social service supports in your area,
- Mental health referrals,
- A safe non-judgmental environment in which to discuss things, OR
- Are you, or someone you care about, in an imminent crisis?

Then call a Distress Centre nearest you. We are as close as your cell or home phone.

- **Durham Region:** 1-800-452-0688 or 905-430-2522
- **Fort Erie and area:** 905-382-0689
- **Frontenac County:** 1-855-477-2963
- **Grey Bruce Counties:** 1-877-470-5200
- **Lanark, Leeds and Grenville Counties:** 1-800-465-4442
- **London area:** 519-667-6711
- **North Halton:** 905-877-1211
- **Niagara Falls, St. Catharines area:** 905-688-3711
- **Oakville:** 905-849-4541
- **Ottawa Region, Renfrew, Prescott-Russell area:** 1-866-996-0991
- **Peel Region:** Brampton - 905-459-7777 or Mississauga - 905-278-7208
- **Southwestern Ontario:** 1-866-933-2023
- **Toronto:** 416-408-4357
- **Wellington, Dufferin Area:** 1-888-821-3760 or 519-821-3760
- **Waterloo:** 519-745-1166
- **Windsor area:** 519-256-5000
- **Province-wide number:** 1-866 (operational - November, 2013)

If you would prefer an **email conversation:** reach out to us at horserace@dcontario.org

You talk, we listen, and we care.

