



## Waterloo Region Perinatal Mental Health Community Resources

No preference given in order

For the most up to date version, visit

<https://cotdwaterlooregion.org/index.php/local-resources/>

### **Crisis Resources**

\*\* If in an emergency, call  
911 or visit closest  
emergency department\*\*

Crisis Services Canada

1-833-456-4566

<https://www.crisisservicescanada.ca/en/>

Distress and Crisis Ontario

<https://www.dcontario.org/>

Ontario Health Mental Health

1-866-531-2600

<https://www.ontario.ca/page/mental-health-services>

Canadian Mental Health Association

<https://ontario.cmha.ca/documents/are-you-in-crisis/>

### **Local Crisis Resources**

Women's Crisis Centre

519-742-5894

<https://wswr.org/>

Here24/7

1-844-437-3247

<https://here247.ca/>

### **Local PSI Coordinators**

Julie Lebold

519-572-9242

[Julie.lebold@gmail.com](mailto:Julie.lebold@gmail.com)

Lisette Weber

226-243-8787

[psi@sette.ca](mailto:psi@sette.ca)

### **Hospitals**

Rachel Van Dyk

Grand River Hospital

[rachel.vandyk@grhosp.on.ca](mailto:rachel.vandyk@grhosp.on.ca)

Dr. Ryan LieShout - St. Joseph's  
Hospital (Hamilton) Women's Health

Concerns Clinic

905-522-1155 x35123

[vanlierj@mcmaster.ca](mailto:vanlierj@mcmaster.ca)

### **Pregnancy Support**

Shore Centre

519-743-9360

[info@shorecentre.ca](mailto:info@shorecentre.ca)

<https://www.shorecentre.ca/>

Monica Place

519-743-0291

<http://www.monicaplace.ca/>

The Pregnancy Centre

519-886-4001

[info@pregnancycentre.ca](mailto:info@pregnancycentre.ca)

<https://pregnancycentre.ca/>

Wellington Pregnancy Centre

519-362-4167

[info@wellingtonpregnancycentre.ca](mailto:info@wellingtonpregnancycentre.ca)

<http://www.wellingtonpregnancycentre.ca>

Free

**Support Groups**

Stork Secrets  
<https://www.ourplacekw.ca/virtual-stork-secrets>  
Free

PSI Online Support Meetings  
<https://www.postpartum.net/get-help/psi-online-support-meetings/>  
Free

**Therapists with Perinatal Mental Health Training or Speciality**

Andrea Wiebe  
226-978-2690  
[andreawiebecounselling@gmail.com](mailto:andreawiebecounselling@gmail.com)  
Sliding Scale

Catherine Mellinger  
519-404-2860  
[mellangearts@yahoo.com](mailto:mellangearts@yahoo.com)  
[catherinemellinger.com](http://catherinemellinger.com)  
Sliding Scale

Kasi Shan  
226-241-0440  
[kasi\\_shan@outlook.com](mailto:kasi_shan@outlook.com)  
<https://kasishantherapy.com/>  
Open Path Collective Member

Lisa Aldworth  
519-342-3551  
[lisaaldworthcounselling@gmail.com](mailto:lisaaldworthcounselling@gmail.com)  
<https://www.lisaaldworthcounselling.com/>

Nicole Mitten  
519-580-9968  
[nicole@owlwellness.ca](mailto:nicole@owlwellness.ca)  
Sliding Scale

Rebecca Johnston  
519-503-4143  
[rjohnston@fireflycounselling.com](mailto:rjohnston@fireflycounselling.com)  
<https://fireflycounselling.com/>  
Sliding Scale

**Ontario Virtual Psychiatrists with Speciality**

Elle Therapy  
[info@elletherapy.ca](mailto:info@elletherapy.ca)  
<https://elletherapy.ca/>  
Some OHIP

Vivian Polak  
[maternalwellnessclinic@gmail.com](mailto:maternalwellnessclinic@gmail.com)  
<https://maternalwellnessclinic.ca/index.html>