

The following resources are available to anyone experiencing distress or needing someone to talk to:

HELPLINES

Good2Talk	1-866-925-5454
Kids Help Phone	1-800-668-6868
LGBT Friendly Helpline	1-888-530-6777 ext. 226
Mental Health Helpline (chat/email)	1-866-531-2600
Telehealth Ontario	1-866-797-0000
24.7 Crisis Support Peel (Brampton/Mississauga)	905-278-9036
COAST - Halton Region (Oakville/Burlington)	1-877-825-9011

**DID YOU KNOW?
SHERIDAN HEALTH CENTRES
ARE AVAILABLE**

8:00AM-5:00PM, MON-FRI

(Physicians are available by
appointment only)

Trafalgar	905-845-9430 ext. 2550
Davis	905-459-7533 ext. 5153
HMC	905-845-9430 ext. 5709

**NEED HELP ON
CAMPUS?
SHERIDAN SECURITY IS
AVAILABLE 24.7**

Call 905-815-4044

*Or use Blue emergency phones
located throughout all campuses*

SERVICES

Oakville Distress Centre	905-849-4541
Assaulted Womens Helpline	1-866-863-0511
Kids Help Phone (ages 5-23) (www.kidshelpphone.ca)	1-800-668-6868
Drugs and Alcohol Helpline (www.drugandalcoholhelpline.ca)	1-800-565-8603
National Eating Disorder Information Centre (NEDIC)	1-866-633-4220
CONNEX Ontario (www.connexontario.ca)	

HOUSING/SHELTERS/FOOD

Halton Women's Place Shelter	905-878-8970
Region of Peel Family Shelter	905-272-7061
Women's Interim Place Shelter	905-403-0864
Our Place Peel (up to age 21)	905-238-1383
Wilkinson Road Peel (Male)	905-452-1335
Sheridan Student Union Food Bank (https://www.thessu.ca/foodfirst)	

**IN EMERGENCY
SITUATIONS
INVOLVING
YOURSELF OR
OTHERS
CALL 911**

WELLNESS RESOURCES

HOSPITALS

Oakville-Trafalgar Memorial (Trafalgar)	905-845-2571
Credit Valley and Trillium (HMC)	905-848-7100
Brampton Civic Hospital (Davis)	905-494-2120

**REMEMBER!
IN AN EMERGENCY
CALL 911**

WALK-IN CLINICS

OAKVILLE

Glenashton Medical Clinic 333 Glenashton Drive, Unit 2 Oakville, ON L6H 4W2 Phone: 905-582-4929 Fax: 905-582-5149	Hours:	
	Monday - Thursday	9:00am-7:00pm
	Friday	9:00am-1:00pm 3:00pm-7:00pm
	Saturday	10:00am-2:00pm
	Sunday	10:00am-1:00pm

Queen's Medical Centre 1289 Marlborough Court Oakville ON, L6H 2R9 Phone: 905-844-8878 Fax: 905-844-8868	Hours:	
	Monday - Friday	9:00am-7:00pm
	Saturday	9:30am-3:00pm
	Sunday	CLOSED

MISSISSAUGA

Living Arts Medical Centre and Walk-in Clinic 4100 Living Arts Dr, Unit 2 Mississauga, ON, L5B 0C3 Phone: 905-270-5600 Fax: 905-270-8830 (Living Arts Dr and Burnhamthorpe Rd W)	Hours:	
	Monday - Friday	10:00am-7:00pm
	Saturday*	10:00am-3:00pm <i>*may stop accepting patients 30 minutes prior to closing</i>
	Sunday	CLOSED

Square One Medical Centre 4175 Confederation Pkwy, Unit 2 Mississauga, ON, L5B 0H1 Phone: 905-848-4880 Fax: 905-848-4882 (Confederation Pkwy and Square One Dr)	Hours:	
	Monday - Friday	9:00am-8:00pm
	Saturday	9:00am-4:00pm
	Sunday	CLOSED

BRAMPTON

Appletree Medical Group 545 Steeles Avenue West Brampton, ON, L6Y 4W5 Phone: 905-456-8198 (in the Wendy's/Tim Horton's plaza)	Hours:	
	Monday, Wednesday	9:00am-9:00pm
	Tuesday, Friday	9:00am-5:00pm
	Thursday	10:00am-1:30pm
	Saturday	10:00am-3:00pm
	Sunday	CLOSED