



# DR. KERRIS DEL ROSARIO

## REGISTERED PSYCHOLOGIST

Assessment and Therapy with Adults, Children, Adolescents, & Couples

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## What to do if your child is in a Mental Health Crisis or Emergency:

### **If your child is in a crisis (an urgent mental health situation):**

- Seek help from their doctor or mental health professional
- Encourage them to connect and talk with someone they (and you) trust
- Encourage your child to share his/her thoughts and feelings
- Remind them that it is ok to ask for help
- Follow their crisis plan (if they have one)

***Call 911 to access emergency response services (ambulance or police),  
or go to the emergency department at the nearest hospital.***

### ***Then, if possible:***

- Accompany your child to the hospital
- Take their medications or a list of their medications with you
- Take a copy of their crisis plan (if they have one)

### **Important Phone Numbers/Addresses:**

- **Ontario Mental Health Helpline:** 1-866-531-2600 ([mentalhealthhelpline.ca](http://mentalhealthhelpline.ca))
- **Kids Help Phone:** 1-800-668-6868
- **Distress Centre Peel:** 905-278-7208 / 905-459-7777
- **COAST (Mental Health Crisis Response/Mobile Crisis of Peel):** 905-278-9036
- **Crisis Intervention Team (Credit Valley Hospital):** 905-813-2399  
(After 5pm and weekends: 905-813-2200)
- **Mobile Crisis of Peel:** 905-278-9036