

GROWTH





A Free, Virtual Safe Space

Crossing Bridges is a confidential, virtual safe space for young people aged 12-24 to:

- Connect virtually with an Addictions Counsellor
- Get information about substance use and behavioural addiction
- Find substance use and addiction services and supports

Crossing Bridges provides support with both substance use addiction and behavioural addiction (e.g. gambling, gaming, sex, internet or social media use, etc.).



@cmhahp
@cmhatv



@cmhahuronperth
@cmhatv

All services offered through Crossing Bridges, including addictions counselling, are free.



Canadian Mental Health Association
Huron Perth Addiction and Mental Health Services



Canadian Mental Health Association
Thames Valley
Addiction and Mental Health Services

CrossingBridges.ca