



**NO PROBLEM IS TOO BIG OR TOO SMALL
TO ASK FOR HELP**

*Kids Help Phone 24/7 1-800-668-6868 or text @
686868 or visit www.kidshelpphone.ca*

*First Nations & Inuit Hope for Wellness Helpline
1-855-242-3310 or visit www.hopeforwellness.ca*

*Telehealth Ontario 24/7 1-866-797-000 for health
advice or information*

*Northeastern Ontario Family and Children's Services
(NEOFACS) Mobile Crisis Services 1-800-665-7443*

*You can also speak with your Primary Care Provider
(Doctor, Nurse Practitioner) or local community
agencies to inquire about services and next steps*

**Not ready to get help yet? It might be helpful for you to know
some general information about support options**

ConnexOntario can help you discover the services in your area

1-855-531-2600 or visit www.connexontario.ca