



# Taking Care of your Mental Health

Asking for help can be hard, but you don't have to face things alone. Reach out!

## If you are in crisis or have suicidal thoughts:

- Call **911** or go to a hospital emergency room.
- Call the suicide prevention line at **1-866-APPELLE (277-3553)**.
- Call **Info-Social** at **811**, press option 2 to speak with a social worker 24/7.
- Call the Distress Centre of Ottawa and Region 24/7 at **613-238-3311**.

## If you need emotional support, or are feeling low or sad:

- Talk to someone you trust, like a family member, friend or a guidance counsellor.
- Call the Tel-jeunes Helpline at **1-800-263-2266** or text **514-600-1002**.
- Call, text or live chat with Kid's Help Phone (ages 5-20) at **1-800-668-6868**, or download the Always There app at [KidsHelpPhone.ca/live-chat](https://www.kidshelpphone.ca/live-chat).
- See your doctor to discuss your options for support.

For more information on support and services, you can also call Connexions at **819-777-3206**.