



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**.
- Call the LGBTQ Youth Line at **1-800-268-9688** or text **647-694-4275**.

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-junes Helpline at **1-800-263-2266** or text **514-600-1002**.
- Call the Kid's Help Phone (ages 5-20) at **1-800-668-6868**, text **686868**, or download the Always There app at KidsHelpPhone.ca/live-chat to chat.
- See your doctor to discuss your options for support.

For more information on support and services, you can also call Connexions at **819-557-0615**.

connexions
centreconnexions.org
info@centreconnexions.org

 [ConnexionsResourceCentre](https://www.facebook.com/ConnexionsResourceCentre)
   [ConnexionsRC](https://www.youtube.com/ConnexionsRC)

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Québec 

CHSSN
Community Health
and Social Services Network