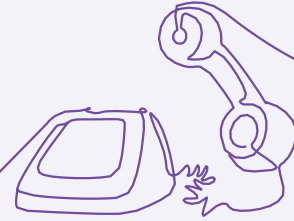


Need Help Now?

Mental Health Crisis Information Sheet

If you or someone you know, is experiencing a mental health crisis



Ways to help

- Stay calm and listen
- Let them voice their feelings
- Be accepting... please do not judge
- Take all threats of suicide seriously
- Ask if they have suicidal thoughts... if so reach out for help right away
- Involve an adult you trust for support
- Create a safe environment

Online information and resources

- www.linck.org
- www.humanacs.org
- www.kidshelpphone.ca
- www.besafeapp.ca
- www.cmha.ca
- info@blackyouth.ca
- askus@youthline.ca

Who to call for help

Linck

- (8:30am- 4:30pm, Monday-Friday)
Phone: 519-352-0440

Humana Community Services

- (Crisis Line) (24 hrs, 7 days a week)
Phone: 519-354-4095

Kids Help Phone

- Phone: 1-800-668-6868
• Text CONNECT to 686868

Canadian Mental Health Association / Chatham-Kent Health Alliance

- (age 16 and up) (24 hrs, 7 days a week)
Crisis Line: 1-866-299-7447

Black Youth Helpline

- (9am to 10pm, daily)
• Phone: 1- 416-285-9944
• Toll Free: 1-833-294-8650

2SLGBTQ+ Youth Line

- (4pm to 9:30pm, Sunday to Friday)
• Phone: Text 647-694-4275
• Live Chat: www.youthline.ca

- **Suicide Crisis Line 988** (988.ca)
• Call or Text: 988 (24 hrs, 7 days a week)