

Mental Health Supports



Mental Health Crisis Line:
1-888-893-8333 or 705-728-5044

CMHA (drug, gaming, alcohol, addictions):
705-725-5491



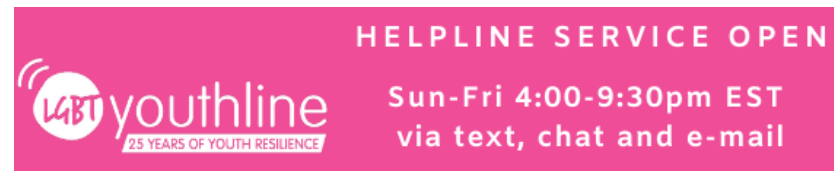
Kids Help Phone: 1-800-668-6868
Text Line: 686868



Information from local Health Unit



705-725-7656



LGBTQ Youth Line: 1-647-694-4275