

CRISIS SAFETY TIPS/RESOURCES

If you find yourself in crisis, please check out the resources/tips below



TEXT OR CALL 988

If you are in crisis or contemplating suicide please text or call 988, it can be reached any time 24/7.

988

SUICIDE & CRISIS
LIFELINE

IF YOU ARE IN AN EMERGENCY

Please call 911 or present to the nearest hospital.



ADDICTION RELATED SUPPORT

For immediate addiction related support go to ConnexOntario. You can chat immediately online to someone 24/7. ConnexOntario can be reached by dialing 1-866-531-2600 or find your local CMHA. <https://connexontario.ca>



KidsHelpPhone.ca
1 800 668 6868
Kids Help Phone

KIDS HELP PHONE can also support you

Call: 1-800-668-6868 (24/7)
Text: CONNECT to 686868
Live Chat: 7pm to midnight (ET)

ARE YOU A FARMER LOOKING FOR SUPPORT?

The Farmer Wellness Initiative offers support 365/24/7. Call 1-866-267-6255.



ADDITIONAL SAFETY TIPS (IF NON-EMERGENCY)

Phone/text/connect with someone you trust * Take a bath/shower * Get a good nights sleep or take a rest * Eat something * Drink some water * Take a walk * Put on comfy clothes * Distract your mind (grounding strategies)



If you require additional resources, visit www.CMHA.ca to explore further treatment options.



Also check out the Pembroke Regional Hospital Mental Health Resources <https://www.pemreghos.org/mental-health-services-renfrew-county>