

APRIL 2021



Health, Social, and Community Programs & Services Call 211

Children's Mental Health Agencies (free services):

[Children's Mental Health Leeds Grenville](#)
1-800-809-2494.

[Open Doors](#) Lanark
1-877-232-8260

[Cornwall Community Hospital](#) SD&G
1-844-361-6363

[Valoris](#)
Prescott-Russell
1-800-675-6168

For adult services mental health, addiction, problem gambling visit:

ConnexOntario

1.866.531.2600

www.ConnexOntario.ca

LGBT Youth Line
1-800-268-9688
Text 647-694 4275

Hope for Wellness Help Line counselling and crisis intervention to all Indigenous peoples across Canada.

1-855-242-3310

Or visit hopeforwellness.ca/ for online chat



1-833-456-4566 text 45645

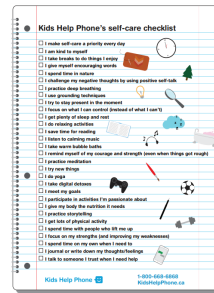
This month

Resources for protecting wellness and how to reach out for help.

All images are hyperlinked—information and help are just a click away!



SELF CARE



For children and teens from School Mental Health Ontario and KidsHelpPhone



[School Mental Health Ontario](#) and jack.org/covid have information for parents, students, and educators on how to protect mental health and how to notice and intervene when there are risks to staying healthy.

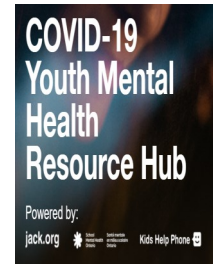
Golden Rules

- 1 **Say what you see**
Start the conversation.
- 2 **Show you care**
Build trust.
- 3 **Hear them out**
Be a good listener.
- 4 **Know your role**
Set and respect boundaries.
- 5 **Connect to help**
Help them connect to resources.

Helping a Friend



Seeking Help for Yourself



[Wellness Together Canada](#) provides access to mental health and wellness information, supports and services for adults. An excellent website.



Try these at home!



Kids Help Phone

Call 1-800-668-6868 for support or Children and youth text TALK 686868 Adults text WELLNESS 741741