



**NO PROBLEM IS TOO BIG OR TOO SMALL  
TO ASK FOR HELP**

*Kids Help Phone 24/7 1-800-668-6868 or text @  
686868 or visit [www.kidshelpphone.ca](http://www.kidshelpphone.ca)*

*First Nations & Inuit Hope for Wellness Helpline  
1-855-242-3310 or visit [www.hopeforwellness.ca](http://www.hopeforwellness.ca)*

*Telehealth Ontario 24/7 1-866-797-000 for health  
advice or information*

*Northeastern Ontario Family and Children's Services  
(NEOFACS) Mobile Crisis Services 1-800-665-7443*

*You can also speak with your Primary Care Provider  
(Doctor, Nurse Practitioner) or local community  
agencies to inquire about services and next steps*

**Not ready to get help yet? It might be helpful for you to know  
some general information about support options**

ConnexOntario can help you discover the services in your area

1-855-531-2600 or visit [www.connexontario.ca](http://www.connexontario.ca)