



You deserve help.



I don't know what's wrong.

Connex-Mental Health

1-866-531-2600

Free and Confidential

Connex-Drug and Alcohol

1-800-565-8603

Free and Confidential

Connex- Problem Gambling

1-800-230-3505

Free and Confidential

eMentalHealth.ca

Confidential, trustworthy information

mindyourmind.ca

Explore wellness tips & interactive tools

You deserve help.

This action plan is meant to help you "Reach Out" in a crisis.

This action plan will:

- Inform you about resources in Northeastern Ontario
- Give you options for getting help

Please keep in mind:

- Your safety plan does not replace professional clinical advice or emergency services
- You should complete your Safety Plan with a supportive person when you're not in crisis
- You should keep your plan up to date



reach out get help give help

personal space for quotes & doodles

North Eastern Ontario Family and Children Services

705-369-1100

First Nations and Inuit Hope for Wellness Help Line

(toll-free, 24/7)

1-855-242-3310

Always There App (Kids Help Phone)

Connect directly with a Kids Help

Phone counsellor 5 days a week

Stress Strategies

www.StressStrategies.ca

I need help

My life is at risk

Someone has hurt me or is going to

I need help

I'm going to hurt myself or someone else

I'm feeling suicidal

Kids Help Phone

1-800-668-6868

Timmins and District Hospital-Crisis Line

1-888-340-3003

Mental Health Helpline

1-866-531-2600

Timiskaming Crisis Response System

1-888-665-8888