



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



I need help

Child and Youth Milopemahtesewin Services

1-705-336-2229

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

personal space for quotes & doodles



Kids Help Phone

1-800-668-6868

Moosonee Health Clinic

705-336-2341

Child and Youth Milopemahtesin Services

705-336-2229