

# TAKING CARE OF YOUR MENTAL HEALTH

## COMMUNITY-BASED RESOURCES TO SUPPORT MENTAL HEALTH AND WELL-BEING

IF YOU REQUIRE IMMEDIATE SUPPORT, CONTACT ONE OF THESE 24 HOUR, 7 DAYS A WEEK CRISIS/SUPPORT LINES:

24 HR MENTAL HEALTH CRISIS LINE (MUSKOKA & PARRY SOUND)  
1-844-287-9072

CMHA CRISIS LINE (AGES 16+)  
1-800-461-5424

FIRST NATIONS AND INUIT HOPE FOR WELLNES HELP LINE  
CALL: 1-855-242-3310

KIDS HELP PHONE  
CALL: 1-800-668-6868 TEXT: CONNECT TO 686868

TRANS LIFELINE  
CALL: 877-330-6366

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.



IF YOU ARE 18 OR UNDER AND NEED FREE, PROFESSIONAL MENTAL HEALTH TREATMENT, CONTACT:

ONLINE:  
INSTANTLY CONNECT WITH THERAPIST  
**ONESTOPTALK.CA**  
1-855-416-8255

IN MUSKOKA:  
FAMILY CONNEXIONS  
BOOK APPOINTMENT @  
COUNSELLING CLINIC  
705-645-4426, EXT. 6270

IN PARRY SOUND:  
HANDS THE FAMILY HELP NETWORK  
BOOK APPOINTMENT @  
COUNSELLING CLINIC  
705-476-2293



IF YOU ARE UNDER 30 AND NEED HELP EXPLORING AND NAVIGATING LOCAL SERVICES AND SUPPORT, CONTACT :

MIND AID  
NAVIGATOR@MINDAIDMUSKOKA.COM  
1-844-646-MINDAID (3243)