



Crisis Support: Helpers in Your Community



If you or someone you know is experiencing a mental health or addiction crisis and require **EMERGENCY** assistance, call **9-1-1** or go to the nearest **HOSPITAL**.

Brant

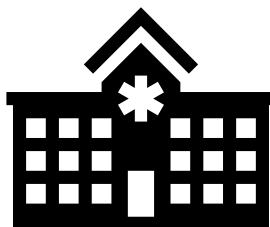
Brantford General Hospital
Go to ER Department

Haldimand-Norfolk

Norfolk General Hospital
Go to ER Department

Haldimand-Norfolk

West Haldimand General Hospital
Go to ER Department



Hamilton

McMaster Children's Hospital
Go to ER Department



If you or someone you know is experiencing a mental health or addiction crisis and need **SUPPORT**, contact:

CALL & TEXT

Kids Help Phone

Call: 1-800-668-6868 or
Text: "CONNECT"
to 68-68-68

www.kidshelpphone.ca



Haldimand-Norfolk

Crisis Assessment & Support Team (CAST)

Call: 1-866-487-2278

*24/7 helpline
*for 16/older & families

Good2Talk-ON

Call: 1-866-925-5454 or
Text: "GOOD2TALKON"
to 68-68-68

*24/7 helpline
*for post-secondary students



Brant

Integrated Crisis Services

Call: 519-759-7188 or
1-866-811-7188

*24/7 helpline
*for all ages

Indigenous Support

Six Nations Crisis Services

Call: 519-445-2204 or
1-866-445-2204

*24/7 helpline
*for youth 18/under & families
identifying with Indigenous culture

ConnexOntario

24/7 Helpline

Call: 1-866-531-2600

www.connexontario.ca (**English**)
www.connexontario.ca/fr (**French**)
*for adults & youth

Indigenous Support

First Nations & Inuit Hope for Wellness 24/7 Helpline

Call: 1855-242-3310

*for First Nations & Inuit people
*Languages: Cree, Ojibway,
Inuktitut, English & French



Haldimand-Norfolk

Child & Youth Crisis Service

call 1-866-327-3224

*24/7 helpline
*for youth 18/under & families