



Community Partner Newsletter Content

Title: Grey Bruce Crisis Support Line Redirected to National 9-8-8 Suicide Prevention Line

The Grey Bruce Crisis Support Line will be redirected to the national 9-8-8 Suicide Prevention line **effective April 1, 2024**. This transition is part of a broader effort to streamline access to mental health support services across Canada.

What does this mean for you? If you've relied on the Grey Bruce Crisis Support Line before, don't worry – you'll still get the help you need. Just dial 9-8-8 instead, and you'll be connected to a trained professional who can provide support and guidance during difficult times. We understand that change can be challenging, so rest assured that support will be available to assist anyone who needs it.

To ensure that nobody falls through the cracks during this transition period, alternative mental health support options are available. Whether you prefer to talk on the phone, text, or chat online, there's a resource for you:

- [9-8-8 Suicide Crisis Helpline](#)
- [CMHA Grey Bruce: 519-376-3303](#)
- [Brightshores Mental Health Navigation Line](#): 519-376-3303 (Monday-Friday, 8:30 am - 3:30 pm)
- [CMHA Grey Bruce](#): 519-371-3642
- [Farmer Wellness Initiative](#): 1-866-267-6255
- [Grey-Bruce Navigation Line](#): 1-844-806-3093 (Health & social services support)
- [Hope for Wellness Line](#): 1-855-242-3310 (For Indigenous people across Canada)
- [Keystone Child, Youth and Family Services](#): 519-371-4773
- [Kids Help Phone](#): 1-800-668-6868
- [One Stop Talk](#): 1-855-416-8255
- [The Women's Centre Grey & Bruce](#): 519-376-0755
- [2-1-1 Ontario](#)

Your wellbeing is our top priority, and we're dedicated to ensuring that everyone in Grey Bruce has access to the support they need to thrive. If you or someone you know is in crisis, please seek help at the nearest Emergency Department or dial 9-8-8. Remember, you are not alone, help is available. For more mental health resources available in our region, please visit www.mentalhealthgreybruce.ca.