

Suicide Crisis Helpline



9-8-8



Call or text 9-8-8
Available 24/7, 365



988.ca

Additional 24/7 Resources

Kids Help Phone



Text CONNECT to 686868 or call 1-800-668-6868

Hope for Wellness Helpline



For all Indigenous people across Canada,
call 1-855-242-3310 or chat online at
www.hopeforwellness.ca

Farmers Wellness Initiative



Call 1-866-267-6255

For more crisis resources, scan the QR Code
or visit www.mentalhealthgreybruce.ca

