

APRIL 2021



Health, Social, and Community Programs & Services  
**Call 211**

**Children's Mental Health Agencies (free services):**

[Children's Mental Health Leeds Grenville](#)  
1-800-809-2494.

[Open Doors](#) Lanark  
1-877-232-8260

[Cornwall Community Hospital](#) SD&G  
1-844-361-6363

[Valoris](#)  
Prescott-Russell  
1-800-675-6168

**For adult services mental health, addiction, problem gambling visit:**

**ConnexOntario**

1.866.531.2600

[www.ConnexOntario.ca](http://www.ConnexOntario.ca)

**LGBT Youth Line**  
1-800-268-9688  
Text 647-694 4275

**Hope for Wellness Help Line** counselling and crisis intervention to all **Indigenous peoples** across Canada.

1-855-242-3310

Or visit [hopeforwellness.ca/](http://hopeforwellness.ca/) for online chat



Crisis Services Canada | Services de crises du Canada

1-833-456-4566 text 45645

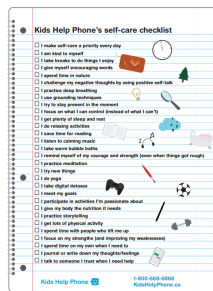
## This month

### Resources for protecting wellness and how to reach out for help.

All images are hyperlinked—information and help are just a click away!



### SELF CARE



For children and teens from [School Mental Health Ontario](#) and [KidsHelpPhone](#)



[School Mental Health Ontario](#) and [jack.org/covid](http://jack.org/covid) have information for parents, students, and educators on how to protect mental health and how to notice and intervene when there are risks to staying healthy.

### Golden Rules

- 1 Say what you see**  
Start the conversation.
- 2 Show you care**  
Build trust.
- 3 Hear them out**  
Be a good listener.
- 4 Know your role**  
Set and respect boundaries.
- 5 Connect to help**  
Help them connect to resources.

### Helping a Friend



### Seeking Help for Yourself



[Wellness Together Canada](#) provides access to mental health and wellness information, supports and services for adults. An excellent website.



Mental Health and Substance Use Support

### Try these at home!



**Kids Help Phone** 

Call 1-800-668-6868 for support or Children and youth text TALK 686868  
Adults text WELLNESS 741741