**National Resources**



**Mental Health Support Line:** For immediate mental health support or referral, call **310-6789** (no area code) 24 hours a day.

**9-8-8: National Suicide Prevention and Mental Health Crisis Hotline** - **Dial or text 9-8-8**; 24/7 voice or text support for mental health crisis and suicide prevention. [Visit 988.ca](https://988.ca/) for more information.