

HELP YOURSELF. HELP EACH OTHER.

Resources and Supports for Tough Times

Websites for Information, Support and Sharing:

Kids Help Phone - 1-800-668-6868 www.kidshelpphone.ca

My Health Magazine – www.yoomagazine.net

Mind Your Mind – www.mindyourmind.ca

Children's Mental Health Ontario – www.kidsmentalhealth.ca

We R Kids – www.werkidsmentalhealth.ca

Healthy Minds Canada – www.healthymindsCanada.ca

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Where to Call:

Emergency – dial 911 or go to the nearest hospital

Find help in your community – www.211Ontario.ca

Chatham-Kent	Sarnia-Lambton
Chatham-Kent Children's Services - 519-352-0440	St. Clair Child and Youth Services – 519-337-3701
Victim Services – 519-436-6630	Victim Services – 519-344-8861
Canadian Mental Health – 519-436-6100	Canadian Mental Health – 519-337-5411
WAYS 24 hr Crisis Line – 519-433-0334	Sarnia Distress Line – 519-336-3000

Who to Speak to:

- Parent
- Relative
- Trusted Adult
- Counsellor
- Social Worker
- Public Health Nurse
- Family Doctor
- Teacher/Principal
- Coach
- Friend
- Neighbour
- Clergy