



Northumberland Youth Crisis Response Line

Difficulty coping? Experiencing emotional distress?
Conflict with others? Thoughts of suicide?

HOURS

Monday to Friday
9 a.m. - 5 p.m.

For after hours support, please call
9-8-8 (24/7 National Suicide
Crisis Helpline)



Need help?

Mental Health Crisis Line

CALL TO CONNECT

 **1-800-551-0403**

If you are a youth needing help,
or are concerned about a child or youth in your life,
please reach out.

Free, confidential mental health support is available.
You are not alone.

 **1-800-551-0403**

BETTER OUTCOMES. TOGETHER.
KINARK
CHILDREN AND YOUTH