

BETTER OUTCOMES. TOGETHER.



Northumberland Youth Crisis Response Line

Experiencing emotional distress?

Thoughts of suicide?

Difficulty coping?

Conflict with others?

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

WE'RE HERE TO HELP
Free Mental Health Crisis Line

CALL TO CONNECT

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



1-800-551-0403

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

SLOW DOWN, CALM DOWN

A breathing exercise

- 1** Stretch your hand out like a star.
- 2** Use your opposite pointer finger for tracing.
- 3** Breathe in through your nose while sliding up each finger slowly.
- 4** Breathe out through your mouth as you slide down the other side.
- 5** Continue this way and trace your entire hand.



Take another 5 breaths if necessary.

CALL TO CONNECT



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