

# Northumberland Youth Crisis Response Line

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

## 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)

## About crisis services

Crisis Services are available to all children, youth and families in Northumberland County who require urgent situational support. We offer a range of crisis support, planning and service navigation tailored to meet individual needs. All first contact occurs via telephone.

**When in doubt, give us a shout!**

## Who we help

- any child or youth under the age of 18 experiencing a social, emotional or behavioural crisis;
- family members and concerned adults struggling to respond to the needs of a youth in their care;
- community partners with concerns for a child or youth's mental health.

Free, confidential mental health support is available.

**You are not alone.**



**1-800-551-0403**

