Simcoe County Child and Youth Crisis Services

Conflict with others?

Experiencing emotional distress?

Thoughts of suicide?

Difficulty coping?

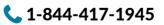
If you are a youth needing help, or are concerned about a child or youth in your life, please reach out.

WE'RE HERE TO HELP

Free Mental Health Crisis Line

CALL TO CONNECT

Monday to Friday Saturday & Sunday 9 a.m. - 9 p.m. 9 a.m. - 5 p.m.



Confidential after-hours voicemail (not available stat holidays)



SLOW DOWN, CALM DOWN

A breathing exercise

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



Take another 5 breaths if necessary.

CALL TO CONNECT

1-844-417-1945

Confidential voicemail is available after-hours.