

# 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.**



**1-844-417-1945**

Confidential after-hours voicemail  
(not available stat holidays)



# 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 your slide down the other side.
- 5 Continue this way and trace your entire hand.



Take another 5 breaths if necessary.

**CALL TO CONNECT**



**1-844-417-1945**

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