

# 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)

BETTER OUTCOMES. TOGETHER.

**KINARK**  
CHILDREN AND YOUTH

# GROUND YOURSELF

A calming exercise

First, take three deep belly breaths.

**5**

List 5 things  
you can SEE



**4**

List 4 things  
you can FEEL



**3**

List 3 things  
you can HEAR



**2**

List 2 things  
you can SMELL



**1**

List 1 thing  
you can TASTE



Repeat as necessary.

**CALL TO CONNECT**



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