Simcoe County Child and Youth Crisis Services

Conflict with others?

Experiencing emotional distress?

Thoughts of suicide?

Difficulty coping?

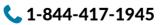
If you are a youth needing help, or are concerned about a child or youth in your life, please reach out.

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)



GROUND YOURSELF

A calming exercise

First, take three deep belly breaths.



List 5 things you can SEE





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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