



# Support When You Need It



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|------------------------------------------------------|---------------------------------------------------------|
| <b>CMHA Mental Health<br/>First Response</b>         | 24/7: 1-866-299-7447                                    |
| <b>988 Suicide Crisis Helpline</b>                   | 24/7 Support Call or Text: 9-8-8                        |
| <b>Kids Help Phone</b>                               | 24/7 Text: CONNECT to 686868<br>or Call: 1-800-668-6868 |
| <b>National Overdose Response<br/>Service (NORS)</b> | 24/7: 1-888-688-6677                                    |
| <b>Indigenous Peoples Helpline</b>                   | 24/7: 1-855-242-3310                                    |
| <b>Trans Lifeline (Peer Support)</b>                 | Mon - Fri, 1PM - 9PM<br>1-877-330-6366                  |

# Taking Care Of Your Mental Health



**Check in with yourself. How are you doing?**



**What helps you care for yourself?**



**Connect with family, friends, or community**



**Reach out for help and support**



**Remember you are not alone**

## Additional Information For My Care Plan

**Important contacts, reminders and notes:**

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**It's okay if your plan changes. Revisit these notes whenever you need.**