

# Having a difficult time? **Need to Talk?**

**Mental Health Crisis Line** 1-888-737-4668

**HEALTHLINE** 811

**Kids Help Phone** 1-800-668-6868

**CHANNAL Warm Line** 1-855-753-2560

**Crisis Text Line** Text 'talk' to 686868

**Bridgethegapp.ca**

**Interactive resources & service directory**



**Western  
Health**