



Having a difficult time? Need to talk?

Youth Outreach Workers

Someone to listen & help connect to services.

Confidential support for youth.

Port aux Basques & Area	695-6901
Stephenville & Area	643-4595
Corner Brook & Area	634-4171
Norris Point & Area	458-2381 ext. 271

Reach Out. We're Here to Help.

Kids Help Phone
1-800-668-6868

Crisis Text Line
text 'connect' to 686868

Lifewise Warm Line
1-855-753-2560

First Nations & Inuit Hope
for Wellness Help Line
1-855-242-3310

Mental Health Crisis Line
811

