



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

639-1710

Bonne Bay & Area

458-2381 Ext. 271



Bridge **the** gapp.ca

Mental Health Crisis Line

1-888-737-4668

Crisis Text Line

text 'Talk' to 686868

Kids Help Phone

1-800-668-6868

CHANNAL Warm Line

1-855-753-2560

**First Nations & Inuit Hope
for Wellness Help Line**

1-855-242-3310

HEALTHLINE

811