



Getting Help In Grey Bruce

Services

Canadian Mental Health Grey
Bruce **519-371-3642**

Keystone Child, Youth & Family
Services **519-371-4773 (0 - 17)**

Victim Services Bruce Grey Perth
1-866-376-9852

S.O.A.H.A.C. (Southwest Ontario
Aboriginal Health Access Centre
Grey-Bruce **519-376-5508**

Other Sources of Help

Family Health Team - contact
your family Doctor's office

School - contact Principal, Guid-
ance or Student Success

**Workplace Employee Assistance
Programs** - contact your employer

**If someone you know is suicidal
go to the nearest E.R. or call 911**

Telephone or Online

Crisis line Grey Bruce **1-877-470-5200**

Kids Help Phone **1-800-668-6868** www.kidshelphone.ca or text **686868**

Good2Talk **1-866-925-5454** www.good2talk.ca

Wesforyouthonline www.wesforyouthonline.ca

We C.A.R.E. www.wecaregreybruce.ca

211 - call anytime with any question

**I need to connect
with a caring adult**

Name

Telephone