



For all

Summer Mental Health Support Line

Do you have a mental health concern?

- Are you a student experiencing stress, worry or sadness?
- Are you a parent wondering how to support your child?
- Are you Board staff inquiring on behalf of a student?



CALL or TEXT BHCNDSB'S Confidential Summer Mental Health Support Line

You will be connected to a mental health professional who can help you. We provide mental health support and referrals to community agencies for students seeking support.

Telephone services are open to students registered with Brant Haldimand Norfolk Catholic District School Board. **Call or Text: 226-387-4675 (8:00 a.m. – 4:00 p.m.)**. A mental health professional will return your call within one business day, Monday to Friday. This service is available until September 1, 2020.

THIS IS NOT AN EMERGENCY SERVICE

If you need **urgent attention**, please **call 911 or go to your local emergency department**. If you are in **crisis**, please **call these 24/7 crisis lines**:

Brant Integrated Crisis Services

24/7 Helpline

Call: 519-759-7188 or 1-866-811-7188

*for all ages

Good2Talk-ON

24/7 Helpline

Call: 1-866-925-5454 or Text: "GOOD2TALKON"
to 68-68-68

*for post-secondary students

ConnexOntario

24/7 Helpline

Call: 1-866-531-2600

www.connexontario.ca (English)

www.connexontario.ca/fr

Haldimand-Norfolk Child & Youth Crisis Service

24/7 Helpline

Call 1-866-327-3224

More...

Student Support Services

Promoting Student Well-Being

@BHNWellness

...24/7 crisis lines continued

Haldimand-Norfolk Crisis Assessment & Support Team (CAST)

24/7 Helpline

Call: 1-866-487-2278

*for 16/older and families

Indigenous Support First Nations & Inuit Hope for Wellness

24/7 Helpline

Call: 1855-242-3310

*for First Nations & Inuit people *Languages: Cree, Ojibway, Inuktitut, English & French

Indigenous Support Six Nations Crisis Services

24/7 Helpline

Call: 519-445-2204 or 1-866-445-2204

*for youth 18/under & families identifying with Indigenous culture

Kids Help Phone

Call: 1-800-668-6868 or

Text: "CONNECT" to 68-68-68

www.kidshelpphone.ca

Helpers in Our Community

If you or someone you know is experiencing a mental health or addiction crisis and require **EMERGENCY** assistance, please **call 911** or **go to your local emergency department**.

If you or someone you know is experiencing a mental health or addiction crisis and need **SUPPORT**, contact:

