

We Help.

STUDENT MENTAL HEALTH SUPPORTS

COVID-19

COMMUNICATION

CRISIS: Call 911 / Visit your local hospital emergency room

URGENT:

Kids Help Phone 

24/7 counselling and information for youth:

- 1-800-668-6868
- kidshelpphone.ca

**COAST**

Mental health crisis outreach and support for all ages.

- 905-972-8338
- coasthamilton.ca

NON-URGENT:

HWDSB *Helps.*

Get help or share anonymous tips using...

- Text to 905-963-0066 Standard rates apply.
- The HWDSB Helps app for iOS and Android.
- Web chat - www.hwdsb.on.ca/wehelp