

# Crisis Support: Helpers in Your Community

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If you or someone you know is experiencing a mental health or addiction crisis and require **EMERGENCY** assistance, call **9-1-1** or go to the nearest **HOSPITAL**.

## Brant

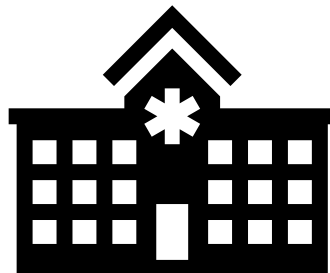
**Brantford General  
Hospital**  
Go to ER Department

## Haldimand- Norfolk

**Norfolk General  
Hospital**  
Go to ER Department

## Haldimand- Norfolk

**West Haldimand  
General Hospital**  
Go to ER Department





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

## CALL & TEXT

### **Kids Help Phone**

Call: 1-800-668-6868 or  
Text: "CONNECT"  
to 68-68-68

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)



### **Haldimand-Norfolk**

**Crisis Assessment & Support  
Team (CAST)**

Call: 1-866-487-2278

\*24/7 helpline  
\*for 16/older & families

### **Good2Talk-ON**

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

\*24/7 helpline  
\*for post-secondary students



### **Brant**

**Integrated Crisis Services**

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

\*24/7 helpline  
\*for all ages

### **Indigenous Support**

**Six Nations Crisis Services**

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

\*24/7 helpline  
\*for youth 18/under & families  
identifying with Indigenous culture

### **ConnexOntario**

**24/7 Helpline**

Call: 1-866-531-2600

[www.connexontario.ca](http://www.connexontario.ca) (**English**)  
[www.connexontario.ca/fr](http://www.connexontario.ca/fr) (**French**)  
\*for adults & youth

### **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



### **Haldimand-Norfolk**

**Child & Youth Crisis Service**

call 1-866-327-3224

\*24/7 helpline  
\*for youth 18/under & families