

Crisis Numbers

911 Emergency Response, or visit your local hospital emergency department



<https://besafeapp.ca> Download Free

Kids Help Phone

1-888-868-6868 or text "CONNECT" to 686868 (open 24/7)

Distress Centre Durham Clarington

24 hour telephone helpline service
905-430-2522 or 1-800-452-0688
or text 741741 (text to chat open 2:00pm – 2:00am)

Durham Mobile Crisis Services Clarington

Free and confidential support for individuals experiencing a personal or situational crisis. 24 hours a day, 7 days a week, all ages
905-666-0483 or 1-800-742-1890

Lakeridge Health Oshawa

Youth Crisis Assessment available for children and youth coming to the Emergency Room for psychiatric emergency, 24 hours a day, 7 days a week, ages 5-18

Mental Health Helpline (ConnexOntario)

Provides information about mental health services in Ontario
24 hours a day, 7 days a week for all ages.
1-866-531-2600 www.connexontario.ca

Four County Crisis Peterborough/ Northumberland

1-866-995-9933 or 705-745-6484

Kids Help Phone

Phone:
1-800-668-6868

Kids Help Phone is Canada's only toll-free, 24-hour, bilingual, confidential and anonymous phone and web counselling, referral and information service for children and youth aged 5-20.

Web site is very interactive containing: helpful tools including breathing and tension release exercises * online games and comics * quizzes and surveys * forums * chat with live counsellors * bullying information * LGBTQ * mental health * Internet issues and safety * violence and abuse information and advice