



# HOW TO ACCESS OUR CHILD & YOUTH MENTAL HEALTH SERVICES

## **CYMH Intake Line**

Intended for non urgent situations and your way to access our  
Child and Youth Mental Health (CYMH) Counselling clinic.

Call 705-645-4426 x 6270

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## **CYMH Crisis line**

Available 24/7 and offered in partnership with Kids Help Phone.  
A mental health crisis can include thoughts of suicide or self harm,  
feeling overwhelmed, hopeless, intense anxiety, feeling unable to cope  
or feeling out of control.

Call 1-844-287-9072

Call KHP 1-800-668-6868

or text CONNECT to 686868

Visit [familyconnexions.ca](http://familyconnexions.ca) to find out  
more or provide feedback

