



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

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 to find out
more or provide feedback

