

Feeling Overwhelmed?

Not sure where you're going to sleep tonight?

Feel like using?

Think you or someone you know may have a mental illness?

Difficulties coping with a loss?

Financial concerns?

Feel like hurting yourself?

Thoughts of suicide?

Not sure where to turn?

CALL CRISIS SERVICES

24 hours a day, 7 days a week

728-5044 or

1-888-893-8333

Providing:

- Non-Judgmental Telephone Support
- Information / referrals
- Great listeners /supportive counseling
- Pre-Crisis Support
- Face to Face Support (Mobile Intervention within the city of Barrie from 11am to 11 pm daily)
- Short Stay Crisis Beds



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE