

**Have you witnessed
or been involved in
a traumatic event?**

**The impact to
family members
and bystanders
can be lasting.**

**It's okay to
ask for help.**



Justice and Public Safety

HealthLine
811

CHANNAL Warm Line
1.855.753.2560

Provincial Mental Health
and Addictions
System Navigator
1.877.999.7589

Doorways
Drop-in Counselling
709.752.4903

Mental Health Crisis Line
1.888.737.4668