

Child and Youth Mental Health Crisis TIP SHEET for Cornwall and Stormont, Dundas & Glengarry

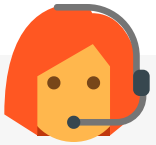
If you feel frightened or unable to cope with a situation and you need help now, there are resources and numbers that you can use to get help.



9-1-1 Emergency Number

To use in case of emergency situation where the safety of people or property is a risk requiring a police, fire or ambulance response.

For example: a crime in progress, a fire or a medical crisis, a threat to self or others, and urgent assistance is required.



Non-Emergency Number

If the situation is not an emergency but requires prompt attention.

For example: property damage, mischief, theft

Cornwall Community Police Service:
613-932-2110

Ontario Provincial Police (OPP):
1-888-310-112



Kids Help Phone Options

App: "Always there"

Live chat: www.kidshelpphone.ca

Call: 1-800-668-6868.

Text: Text "connect" to 686868



How to prepare for emergency and non-emergency calls:

Remain calm (this is the hardest part) and speak clearly.

Have the following information ready:

- Reason for Call
- Your full name
- Location/ address
- Telephone number
- Relationship to Person
- Date of Birth
- Medication
- Diagnosis
- Existence of Safety Plan
- Triggers (what may upset the person)



Crisis Support Numbers

If you need crisis support where risk is lower than in emergency situations, for example emotional crisis like grieving/dealing with loss

For children and youth up to 25 years of age:
Call 24 /7 the youth & family crisis line
1-877-377-7775

For youth over 16 years of age:
Call 24/7
1-866-996-0991



2-1-1 Information and Referral

Connects people to community, social, government and health services in Ontario, including services for victims/survivors of crime.

If you need information, call 2-1-1