

24-Hour Help Lines

Feeling down? Anxious? Free, confidential support for adults, youth and Elders is only a phone call away.

Hope for Wellness

Phoneline and Chat

1-855-242-3310

Chat: www.hopeforwellness.ca

KUU-US Crisis Line

1-800-588-8717

IRSS\$Support Line

1-800-721-0066

24-Hour National Crisis Line

1-866-925-4419

For ongoing support, please get in touch with Cedar Circle Counselling.
Cedar Circle can be reached by calling LHH at 604-894-6656.

