








<p><b>North of Superior Counselling Programs</b></p> <p>Toll-Free 1-877-895-6677 <a href="https://www.nosp.on.ca/">https://www.nosp.on.ca/</a></p>	<p><b>Dilico Anishinabek Family Care</b></p> <p>Toll-Free 1-855-623-8511 <a href="https://www.dilico.com/">https://www.dilico.com/</a></p>	<p><b>Marathon Family Health Team</b></p> <p>Phone: (807) 229-3243</p>
<p><b>For Students</b></p> <p>Mental Health and Addiction Nurses (MHAN):</p> <p>Telephone: 807- 345-7339 <i>or</i> Contact the school and request a referral be made. You can contact your school Principal or SNCD SB Mental Health Lead, Tracy Bryson at 807-228-3368</p>	<p><b>24/7 Crisis Support:</b></p> <p><b>CMHA Thunder Bay Crisis Response Services Is Here to Help!</b></p> <p><b>District / Toll-Free: 1-888-269-3100</b></p> <p>Crisis Response Services offers mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis. Eligibility: All Ages.</p>	<p><b>Kids Help Phone</b></p> <p>Kids Help Phone is Canada’s only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.</p> <p><b>Call - 1-800-668-6868 or Text - 686868</b></p>
<p><b>For SNCD SB Employees: EFAP (Employee Family Assistance Program)</b></p> <p>EFAP is a confidential, short-term, counselling service for employees and their immediate family members experiencing difficulties. It is funded by the Board, free of cost to the employee and provided by Behavioural Sciences Centre (BSC). It provides professional assistance for issues that affect your well being and perhaps surprisingly, problems referred to EFAP do not have to be caused by workplace issues or even affect workplace performance.</p> <p>To access EFAP services, and to arrange an appointment, please call: <b>1-807-623-7677 or toll-free 1-888-423-5862</b></p>		

## Needing to talk after business hours?

### Check out these resources!

	<p><b>CRISIS RESPONSE HOTLINE 1-888-269-3100</b></p> <p>Crisis Response Services offers mobile crisis response, crisis support residence, and 24/7 telephone services to both youth and adults who are experiencing a mental health crisis</p>
	<p>Chat and Text services are for everyone, regardless of your age, issues or concerns.</p> <p>Text is available from your mobile phone from 2pm to 2am daily and text support to 258258</p> <p>Chat is available on your computer from 2 pm to 2 am daily: <a href="http://dcontario.org/ontx.html">http://dcontario.org/ontx.html</a></p>
	<p><b>Talk4Healing Call or Text: 1-855-554-HEAL (4325)</b></p> <p>A helpline for Aboriginal Women living in Northern Ontario. Talk4Healing is available 24 hours a day, 7 days a week with services in English, Ojibway, Oji-Cree and Cree.</p> <p>Chat is available on your computer at <a href="https://www.talk4healing.com/live-chat/">https://www.talk4healing.com/live-chat/</a></p>
	<p><b>First Nations and Inuit Hope for Wellness helpline 1-855-242-3310</b></p> <p>If you're experiencing emotional distress and want to talk, call the First Nations and Inuit Hope for Wellness Help Line. It's toll-free and open 24 hours a day, 7 days a week.</p>

<p><b>Kids Help Phone</b> </p>	<p>Kids Help Phone is Canada’s only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.</p> <p>Need help now? Text CONNECT to <a href="tel:686868">686868</a>  You can reach a Kids Help Phone counsellor 24/7 at <a href="tel:18006686868">1-800-668-6868</a>  Chat is available 24/7  <a href="https://kidshelpphone.ca/live-chat/">https://kidshelpphone.ca/live-chat/</a></p>
 <p>CAREGIVER HELPLINE  <b>1-833-416-2273</b>  ontariocaregiver.ca</p> <p>THE ONTARIO  <b>caregiver</b>  ORGANIZATION</p>	<p>The Ontario Caregiver Helpline provides caregivers with a one-stop resource for information and support. The only resource of its kind in Ontario, the helpline is available to all caregivers – regardless of age, diagnosis or where they live. It provides 24/7 support because caregiving is not a 9-5 job. The Live Chat is also available 7am – 9pm (Mon – Fri).  Ontario Caregiver Helpline: 1-833-416-2273 (CARE)  Live Chat available at:  <a href="https://ontariocaregiver.ca/find-support/helpline/#">https://ontariocaregiver.ca/find-support/helpline/#</a></p>
 <p><b>BounceBack</b>®  reclaim your health</p>	<p>BounceBack® is a free self-help program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.</p> <p>For more information visit:  <a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a></p>
<p><b>Togetherall</b></p>	<p>An online peer-to-peer support community for your mental health.</p> <p>For more information visit:  <a href="https://togetherall.com/en-ca/">https://togetherall.com/en-ca/</a></p>