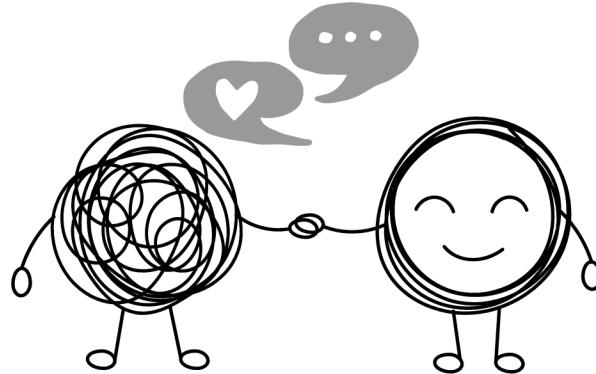


STRUGGLING?

HELP IS ONE CALL AWAY.



Are you 17 years or younger?

Need someone to talk to? We're here for you.

Youth and adolescents can access free, confidential support for mental health and substance use. Community Mental Health as well as Crisis support is available.

ACCESS DIRECTLY OR VIA REFERRAL

PHONE: 1-866-242-1571

FAX: 204-778-1766

youthmentalhealth@nrha.ca



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