

# Who can help?

## City of Kawartha Lakes



### Crisis and online services

- Kids Help Phone  
kidshelpphone.com  
Text CONNECT to 686868  
1-800-668-6868
- Bounce Back Ontario (15 +)  
bouncebackontario.ca
- 211 (Community Services and Social Services Help Line)  
211ontario.ca
- LGBT Youthline  
Call: 1-800-268-9688  
Text: 647-694-4275
- Kawartha Sexual Assault Centre  
Crisis line: 1-866-298-7778
- Canada Suicide Prevention Service  
1-833-456-4566 or text 45645
- Four County Crisis  
1-866-995-9933
- 310-COPE  
1-855-310-COPE
- Togetherall (16+)  
togetherall.com

### Feeling sad, lonely, angry, distressed, hurt?

- Chimo Youth and Family Services  
705-324-3300 (Crisis line press 3)  
After hour crisis line: 1-855-310-COPE (2673)  
chimoyouth.ca
- CMHA  
705-328-2704 | cmhahkpr.ca
- Boys & Girls Clubs of Kawartha Lakes  
Warehouse Youth Centre  
705-324-4493 | bgckl.com/programs/youth-centre
- Womens Resources  
705-878-3662 | womensresources.ca
- Community Health Centre  
705-879-4100 | ccckl.ca/about/organization/community-health-care
- Reach out to your Church/Synagogue  
Mosque/Spiritual Leader/Elder

### Facing grief, loss, or separation?

- Community Care Hospice Services  
705-879-4123 | ccckl.ca/services/hospice/

### Needing shelter?

- A Place Called Home  
705-328-0905 | apch.ca

### Looking for sexual health information?

- Public Health Clinic  
Call: 1-866-888-HKPR (4577)  
Text: 705-878-2723 (general inquiries)  
Website: hkpr.on.ca

### Struggling with substance misuse?

- FourCAST  
(Four County Addictions Services)  
705-878-5547 | fourcast.ca
- John Howard Society  
705-328-0472 | johnhoward.on.ca/kawartha