

# Who can help?

## Haliburton



### Crisis and online services

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

### Facing grief, loss, separation?

- Haliburton Highlands Health Services  
705-457-1392 | hhhs.ca

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

- Point In Time Centre for Children, Youth, and Parents  
Crisis Line: 1-855-310-COPE (2673)  
pointintime.ca
- Haliburton County Youth Hub  
705-306-5199 (text or call)
- Haliburton Highlands Mental Health Services  
705-286-4575 | hhhs.ca/hospital/mental-health-services
- CMHA  
705-328-2704 | cmhahkpr.ca
- Reach out to your Church/Synagogue/Mosque/Spiritual Leader/Elder

### Mental health support during COVID-19

- Wellness Together Canada Mental Health and Substance Use Support - ca.portal.gs
- COVID with kids  
covidwithkids.org

### CAMH

- camh.ca
- Connex Ontario  
1-866-531-2600 | connexontario.ca

### Need shelter?

- YWCA Haliburton  
705-286-1942 | ywcapeterborough.org
- 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
- CMHA Addiction Outreach: 705-645-2262