

# NEED HELP?

Our communities have many resources to help individuals and families who need support.

A full list of  
**Community  
Resources**

is available on our website:

[nlpsab.ca/help](http://nlpsab.ca/help)

If you are in a crisis situation, the following resources are available to support you:

**Emergency Services**  
911

**Kids Help Phone**  
1-800-667-6868

**Mental Health Help Line**  
1-877-303-2642

**Addiction Help Line**  
1-866-332-2322

**Canada Suicide Prevention Service**  
1-833-456-4566

**Family Violence Information Line**  
310-1818

**One Line for Sexual Violence**  
1-866-402-8000



Scan the QR code to go directly to our site.

