

# MENTAL HEALTH CRISIS LINES

Distressed, frightened, or unable to cope? Reach out for trained and caring help.

## **Hamilton**

COAST

Crisis Line: 905-972-8338

Daily 24 hours

## **Brant**

St. Leonard's Crisis Line

Crisis Line: 1-866-811-7188

Daily 24 hours

## **Niagara**

COAST

Crisis Line: 1-866-550-5205

Daily 24 hours

## **Burlington**

COAST

Crisis Line: 1-877-825-9011

Daily 24 hours

## **Haldimand Norfolk**

CAST

Crisis Line: 1-877-244-3094

Daily 24 hours

## **KidsHelp Phone**

Free and confidential counselling for youth ages 20 and younger

1-800-668-6868

Daily 24 hours