

# See someone in distress?

Know **who** and **when** to call.

## MENTAL HEALTH CRISIS LINE

Call 613-722-6941

- If you or someone you know is experiencing a mental health crisis
- Operating hours: 24/7

## SUICIDE CRISIS LINE

Call 988

- If you or someone you know is thinking about suicide
- Operating hours: 24/7

## KIDS HELP PHONE

Call 1-800-668-6868 or text 686868

- E-mental health service for ages 5 to 25
- Free and confidential
- Operating hours: 24/7

## NEEDLE PICK UP

Call 311

- If you find injection needles or drug paraphernalia to be picked up safely

## SALVATION ARMY OUTREACH VAN

Call 311

- Emergency based transportation for homeless and at-risk individuals from the streets to safe, appropriate shelter
- Offers life-sustaining necessities such as sleeping bags, winter clothing, water, etc.
- Operating hours: 11:00 AM to 3:00 AM and 24/7 during cold weather warnings

## DRUG OVERDOSE PREVENTION AND EDUCATION RESPONSE TEAM (DOPE)

Call 613-619-0543

- Provides evening outreach services to people in distress, using drugs, and/or at risk of an overdose. They provide resources, peer support, harm reduction tools and overdose response
- Operating hours: 5:00 PM to 11:00 PM

**Still not sure  
who to contact?  
— call 311**

### When Should You Call 911?

Call only when there is a **life-threatening** emergency that requires immediate assistance from the **police, fire department, or an ambulance.**

For **non-emergency** police assistance, call 613-236-1222