

Suicide Prevention

Where to Turn To in Sarnia/Lambton

| 24 Hour Services: | Other Services: |
|---|---|
| <p>Lambton Mental Health Crisis Service 519-336-3445 Toll Free: 1-800-307-4319</p> <p>Distress Line Sarnia-Lambton 519-336-3000 Toll Free: 1-888-347-8737</p> <p>Kids Help Line Toll Free: 1-800-668-6868 Online: www.kidshelpphone.ca</p> <p>Sexual Assault Hotline 519-337-3320</p> <p>Mental Health Service Information Line Toll Free: 1-866-531-2600</p> <p>Bluewater Health 519-464-4500 (ask for crisis nurse)</p> <p>Emergency 911</p> | <p>Canadian Mental Health Association, Lambton County 519-337-5411 Email: general@cmha.sarnia.net Online: www.cmhalambton.org</p> <p>Family Counseling Centre 519-336-0120 Toll Free: 1-800-831-3031 Online: www.familycounsellingctr.com</p> <p>Women's Interval Home 519-336-5200 Toll Free: 1-800-265-1412 Email: info@womensintervalhome.com Online: www.womensintervalhome.com</p> <p>Sexual Assault Survivors Centre, Sarnia-Lambton 519-0337-3154 Toll Free: 1-888-231-0536 Online: www.sexualassaultsarnia.on.ca</p> <p>Harmony For Youth 519-336-0344 Online: www.harmonyforyouth.org</p> <p>St. Clair Child and Youth Services 519-337-3701 Online: www.stclairchild.ca</p> <p>Victim Services of Sarnia Lambton 519-344-8861 ext. 5238 Toll Free: 1-888-281-3665 ext. 5238 Email: victim@ebtech.net Online: www.victimservices.on.ca</p> |

Other www (non-local) Resources

Teens Health Online: <http://www.teenshealth.org/>

Teen Suicide Online: <http://www.teensuicideprevention.org/>

Mind Your Mind Online: <http://mindyourmind.ca/>

Take A Stand Online: <http://www.takingastand.ca/>