



1 844 437 3247
(HERE247)

**Call anytime to access
Addictions, Mental Health
& Crisis Services**

Waterloo-Wellington

If you or someone you know:

- Doesn't know where or how to get help
- Is in need of support for addictions or mental health
- Withdraws from friends and family
- Talks about hurting or killing themselves or others
- Feels anxious, agitated, or unable to sleep
- Feels rage or uncontrolled anger
- Feels trapped, like there is no way out
- Increases alcohol or drug use
- Engages in reckless behaviours
- Feels hopeless
- Sees no reason for living
- Has dramatic mood changes