



Village of Lytton Update

July 30, 2021 4 p.m.

Mental Health Resources

This is a devastating time for residents, and incredibly challenging both emotionally and physically. We encourage residents to prioritize their mental health and access the available supports:

- [Canadian Mental Health Association](#): For links to support and resources in your area.
- [Canadian Psychological Association](#): For links to important information and psychologists in your area.
- [Canadian Association of Social Workers](#): To find a social worker in your area. 1-855-729-CASW (2279)
- [Canadian Counselling and Psychotherapy Association](#): To find a certified (registered) counsellor in your area.
- [2-1-1](#): Call 211 for community-based health and social services.
- [Kids Help Phone](#): 1-800-668-6868
- [Canadian Association for Suicide Prevention](#): For links to crisis centres in your province or territory.
- [First Nations and Inuit Hope for Wellness Help Line](#): 1-855-242-3310
- [Public Health Agency of Canada](#): For additional supportive resources and links to your provincial and territorial health ministry.