



Suicide  
Hotline

Crisis  
Intervention

MindShift  
App

Wellness Emotional  
Support for youth  
online

COMPASS  
MindSPACE

Sudbury Youth  
Wellness Hub

Hope for  
Wellness

Kids Help  
Phone



Call a school  
Social Worker  
249-377-9898  
(July-August)

Shkagamik-Kwe  
Health Centre

Anxiety Canada

2SLGBTQ+

N'Swakamok Native  
Friendship Centre

