

SUMMER MENTAL HEALTH SUPPORT LINE

DO YOU HAVE A MENTAL HEALTH CONCERN?

- Are you a student experiencing stress, worry or sadness?
- Are you a parent wondering how to support your child?
- Are you Board staff inquiring on behalf of a student?

CALL or TEXT DUFFERIN-PEEL'S CONFIDENTIAL SUMMER MENTAL HEALTH SUPPORT LINE

- You will be connected to a mental health professional who can help you
- We provide mental health consultations and referrals to community agencies for students seeking support
- Telephone services are open to students registered with Dufferin-Peel Catholic District School Board

Call or Text **1-833-340-7067**

Email mentalhealth@dpcdsb.org



- A mental health professional will return your call within one business day, Monday to Friday
- This service is available starting from July 4 until August 31, 2022
- You can also visit our Board's Mental Health Support Page for more resources: <https://www3.dpcdsb.org/news/news-archives/mental-health-school-support>

THIS IS NOT AN EMERGENCY SERVICE

- If you need urgent attention, please call 911 or go to your local emergency department
- If you are in crisis, please call:
EveryMind's 24/7 Crisis Response 416-410-8615
CMHA Crisis Support Line 905-278-9036
CMHA Caledon Dufferin 1-888-811-2222
Dufferin Child & Family Services 519-941-1530

