



You deserve help.



Connex-Mental Health

1-866-531-2600

Free and Confidential

Connex-Drug and Alcohol

1-800-565-8603

Free and Confidential

Connex- Problem Gambling

1-800-230-3505

Free and Confidential

[eMentalHealth.ca](http://eMentalHealth.ca)

Confidential, trustworthy information

[mindyoumind.ca](http://mindyoumind.ca)

Explore wellness tips & interactive too

