



# Youth Crisis Numbers



**988**

Suicide Crisis Helpline  
24/7 for texts & calls

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**807-346-8282**

Canadian Mental Health Association (CMHA)  
Thunder Bay  
Available 24/7 for texts & calls

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**807-632-0639**

Matawa Safe Sobering Site, for youth in  
Thunder Bay, between the ages of 13 - 21

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**1-833-625-3611**

Matawa Health Services Line  
To be connected to health services  
Monday - Friday/8:30am-4:30pm

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**1-800-668-6868**

Kids Help Phone  
Youth can text **686868**  
Available 24/7





*“Asking for help  
is not a sign of  
weakness – it is  
the greatest sign  
of strength”*

*– Kendra Scott*



**MATAWA  
HEALTH  
COOPERATIVE**