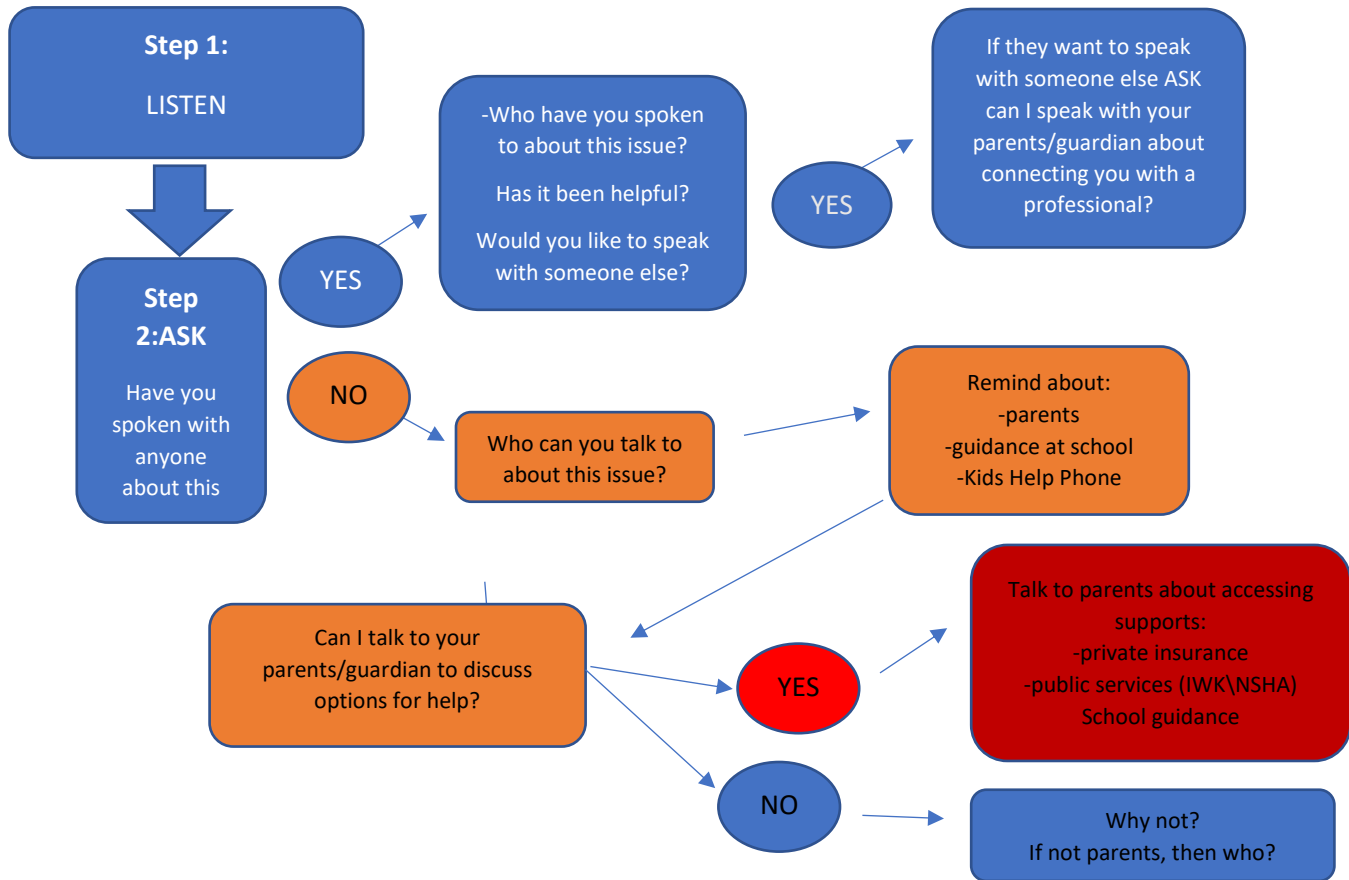




The Warrior Mind – Mental Health Support



If reporting thoughts of suicide WITH a plan AND/OR intent to die:

- if parents involved/around -> talk to parents and direct to closest ER
- if parents are not involved -> accompany them to the closest ER OR call 911 and have them taken by ambulance

Important numbers:

Kids Help Phone -> 1-800-668-6868
OR text CONNECT to 686868

Mobile Crisis -> 1-888-429-8167

NSHA Mental Health Intake OUTSIDE HRM -> 1-855-922-1122