



For help with your Mental Health

Contact the Ministry of Health and Wellness
Toll free: **888-ONE-LOVE (663-5683)**

In case of an emergency:

- **North East Region:** 876-972-2272
- **Southern Region:** 876-962-3370
- **Western Region:** 876-952-5100-9
- **South East Region:** 876-930-1152/928-1381-9