



Find a full range of mental health resources for employees and for workplace leaders at: SuperiorMentalWellnessAtWork.com



MENTAL HEALTH CRISIS?

Options for getting help:

-  Call 911
-  Go to the nearest emergency room
-  Contact Crisis Response
Thunder Bay, call: 807-346-8282
Thunder Bay District, call: 1-866-888-8988
Text from anywhere: 807-346-8282
-  Call or text 988 to reach the Suicide Crisis Helpline
-  Call the Connex Ontario Mental Health Helpline at 1-866-531-2600
-  Chat online at HopeforWellness.ca or call 1-855-242-3310 (for all Indigenous People across Canada)
-  Visit a walk-in counselling clinic in Thunder Bay
Call 807-684-1880 for times and locations
-  Visit TBDHU.com/mentalhealthsupport for a full list of local mental health services nearby
-  Inquire if your company offers an Employee Assistance Program (EAP). Contact #: _____

NEXT STEPS:
