

## Crisis response line available to kids and families

All families cope with challenges, but sometimes stress can turn into distress and a mental health crisis. Should this happen, where can kids and parents get help, especially after hours when schools, doctors' offices and social services are closed?

The Crisis Response Service, operated by Peel Children's Centre, is there to help 24 hours a day, even holidays. Just call 416-410-8615 from anywhere in Peel Region.

The service offers immediate support for children and youth younger than 18 experiencing a mental health crisis, as well as their parents/caregivers. Mental health crises may include, but are not limited to parent-child conflict, school concerns, suicidal tendencies, self-harm, substance misuse, stress, anxiety, panic attacks, depression and parenting concerns.

The Crisis Response Service provides immediate crisis stabilization over the phone, development of safety plans and in-person support in clients' homes, the community or the office between 9 a.m. and 9 p.m. It also offers short-term, crisis-focused counselling, as well as referrals and bridging support to other services in the community.