

# I care. We all care.



## Help in the Community

**McMaster Children's Hospital  
Emergency Department  
905-521-2100**

**St. Joseph's Hospital Emergency  
(Ages 18 and over) 905-522-1155**

**St. Joseph's Youth Wellness Centre  
905-522-1155 ext. 31725**

**COAST  
(Crisis Outreach and Support Team)  
905-972-8338**

**Hope for Wellness Helpline  
(First Nations, Métis, Inuit)  
1-855-242-3310**

**Kid's Help Phone 1-800-668-6868**

**Family Physician**

For immediate Risk, **Call 9-1-1**



## St. John Henry Newman Catholic Secondary School

**Teachers, Educational Assistants  
Principal or Vice Principals  
Guidance Counsellors  
Social Worker  
Chaplain  
Public Health Nurse  
Student Success Teacher  
Coaches, and other trusted adults**



## Home

**Parents, trusted adults, friends**

