

1-866-888-8988

There is hope and  
there is help.

24 hours a day. 7 days a week.

Toll-Free

1-866-888-8988

Confidential and anonymous.



**Crisis Response Services**  
Kenora Rainy River District

[www.crisisresponseservices.com](http://www.crisisresponseservices.com)

Crisis Response Services acknowledges the financial support of the Government of Ontario.

Scared?

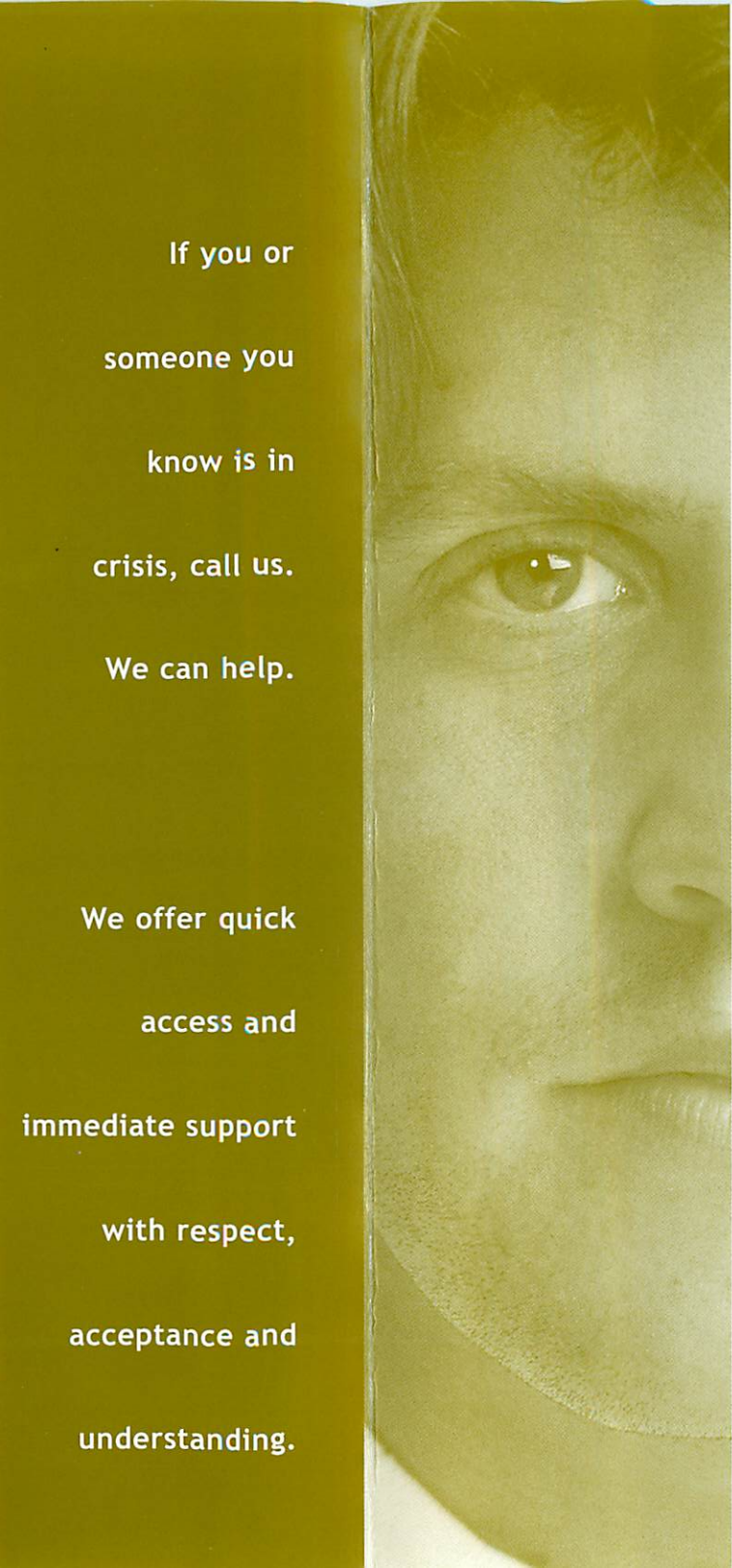
Need To Talk?

Confused?

Feeling All Alone?



**Crisis Response Services**  
Kenora Rainy River District



If you or  
someone you  
know is in  
crisis, call us.

We can help.

We offer quick  
access and  
immediate support  
with respect,  
acceptance and  
understanding.

24 hours a day.

7 days a week.

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All people experience changes in their lives that can affect their ability to cope. These changes may lead to a mental health crisis. If you feel you are in crisis, call Crisis Response Services.

As a family member or friend, the distress of others can also affect you. Crisis Response Services can provide support, information, and referrals to services within your community.

You are not alone. Talk to us about the changes or distress in your life. As professional Crisis Workers, we listen and will help you resolve your crisis with respect, acceptance and understanding in a way that meets your needs. 24 hours a day, 7 days a week.