



**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge
Mental health for all

**Experiencing thoughts of suicide or
emotional distress or worried about
someone you know?**

Call 9-8-8.

Support is free and available 24/7.



Launching November 30th

9-8-8 is a new national suicide crisis helpline. Locally, CMHA HKPR has been selected as a 9-8-8 partner. If you call from a local area code in Peterborough, Haliburton, Kawartha Lakes, or Northumberland, your call will be routed to CMHA HKPR's call centre and you will be connected with supports in your area.

You may be familiar with CMHA HKPR's Four County Crisis or '4CC' line. Calls that you would have made to 4CC should now go to 9-8-8.