

# Take Care

Themes of war and militarism can present challenges to a persons sense of safety and wellbeing.

Access local mental health services at the numbers below.

If you need help, reach out.

Lambton Mental Health Services  
Distress Line (24/7)  
1-800-307-4319

St. Clair Child & Youth Services  
Crisis Line (24/7)  
1-833-622-1320

Family Counseling Centre  
Distress Line (24/7)  
1-888-347-8737