

# Where to turn when you need to talk

Though Maltby is stepping away from our After Hours Crisis services, there are many other services available at any time for you.

## Crisis Services Support - AMHS

Call 613.544.4229 or Toll Free 1.866.616.6005  
for Kingston & Frontenac Region  
Call 613.354.7388 or Toll Free 1.800.267.7877  
for Lennox & Addington Region  
These are available 24/7 to youth aged 16+.

## 9-8-8 Suicide Crisis Helpline

Call 9-8-8, 24/7  
Text 9-8-8, between 4pm-12am  
988.ca  
Connect if you need help, are thinking about needing help,  
or if you are worried about someone else.

## Good 2 Talk

Call 1-866-925-5454  
Text "GOOD2TALKON" to 686868  
good2talk.ca  
These are 24/7 supports for post-secondary students  
in Ontario.

## Kids Help Phone

Call 1-800-668-6868  
Text "Connect" to 686868  
kidshelpphone.ca  
These are 24/7 supports for children and youth.

## One Stop Talk

onestoptalk.ca  
This online counselling service is available  
Monday - Friday 12PM-8PM, and Saturday  
12PM-4PM, for youth aged 18 years and under.

## Togetherall Community Support

togetherall.com/en-ca/  
This is an anonymous online platform for youth 16 and  
over, available 24/7.

**Emergency Room OR Call 911**  
Kingston Health Sciences Centre