

Help Lines

Mental Health Crisis Line (24/7)	1-888-737-4668	
Problem Gambling Help Line	1-888-899-4357	
Smokers Help Line	1-800-363-5864	
Poison Control	1-866-727-1110	
Children's Protection Services (24 Hour)	(709) 752-4619	
Kid's Help Phone 24 Hour	1-800-668-6868	
Naomi Centre 24 Hour (Shelter/support/safety for young women)	(709) 579-8432	
Choices for Youth 24 Hour (Shelter/support/safety for young men)	(709) 757-3050	
Sexual Assault Crisis Line 24 Hour	(709) 726-1411	1-800-726-2743
National Eating Disorder Information Centre Telephone Helpline	1-866-633-4220	
Newfoundland and Labrador Sexual Health Centre	1-877-666-9847	