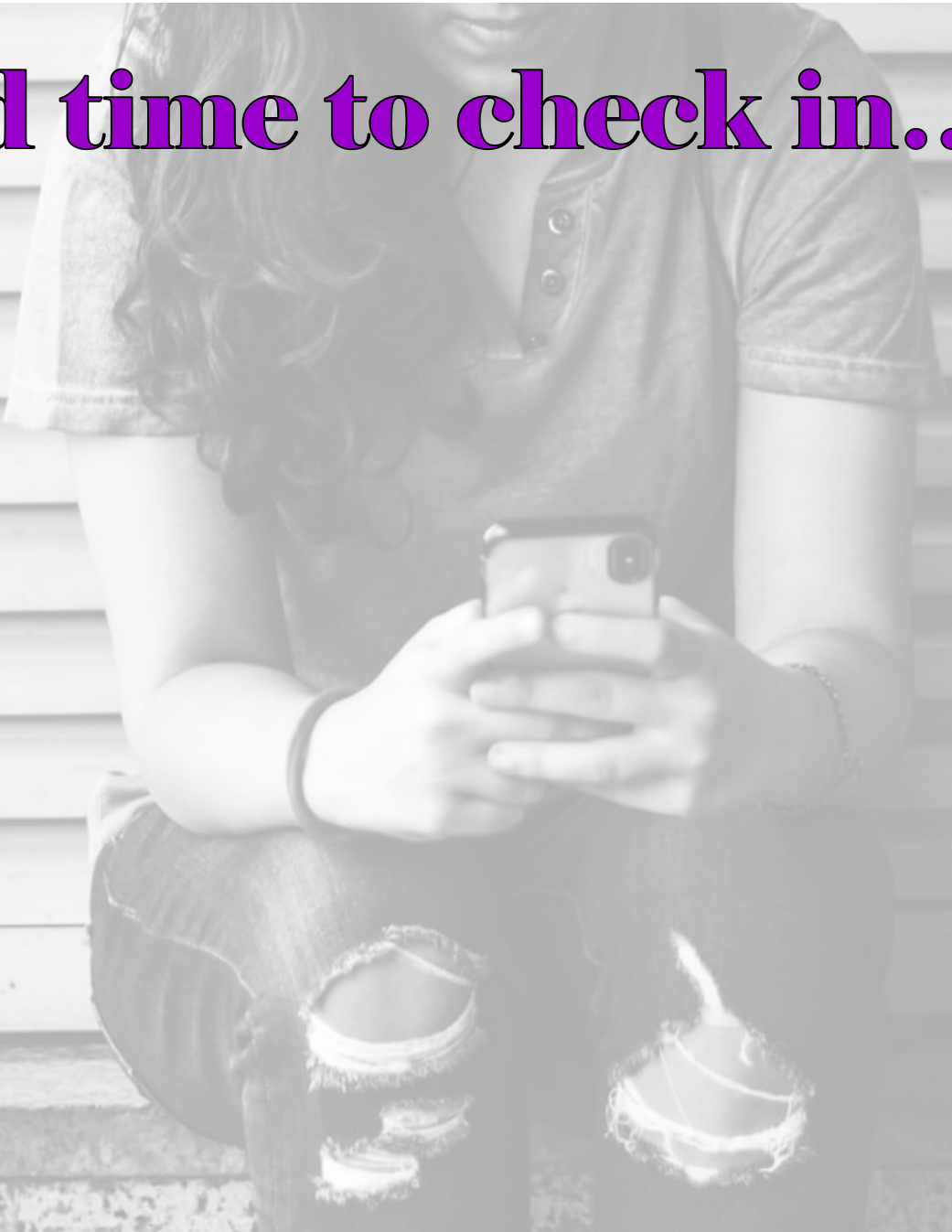


# It's never a bad time to check in...

During these uncertain times, it's possible that you, your family, your friends, and your community may be struggling with new or challenging thoughts and emotions.

Reaching out to others who may be living alone or living with mental health concerns such as depression and anxiety can help increase their feelings of connection and offer them support. Connecting through phone calls or video chat can show the ones you love how important they are and that you care about their safety and well-being.

Where possible, make the time to reach out. Although there may be physical distance between us now, reaching out brings us together and strengthens our relationships with our families, our friends, and our communities.



Six Nations Crisis Services  
519-445-2204  
or  
1-866-445-2204

Youth Life Promotion, Children's  
Mental Health, & School Social  
Worker Programs  
226-227-9271

Facebook  
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