

How We Can Help:

We provide holistic and culturally appropriate immediate support / stabilization to individuals in crisis through phone, text, live chat, or in person (walk-in / mobile response).

Once stabilized, we can provide referrals to community agencies. We offer education/ awareness on any questions or topics you may need.

Confidential Services:

All Calls, Texts, Live Chats, Mobile Visits and Walk-ins are Strictly Confidential.

Both the Text Messaging and Live Chat functions are run through a program designed specifically for helplines. Messages are run through this program, which offers safe and encrypted technology to keep conversations confidential and secure.



Grounding Techniques:

Practice 4-7-8 Breathing: Inhale for 4, hold for 7 and exhale for 8

Describe 5 things you can see, name 4 things you can feel, name 3 things you can hear, name 2 things you can smell, and name 1 thing you can taste


Place your feet flat on the ground. Starting at the bottom of your feet, focus on your body piece by piece




Follow us on Instagram
@snmobilecrisisline



Six Nations Mobile Crisis Service is here for you

 519-445-2204
Toll Free: 866-445-2204
Available 24/7

 226-777-9480
Available Weekdays
8:30am - 4:00pm

Who We Are:

The Six Nations Mobile Crisis Service is a confidential service offering crisis support to Six Nations of the Grand River. Our staff is made up of Six Nations Community Agencies working in partnership to assist/support our children and families in crisis.

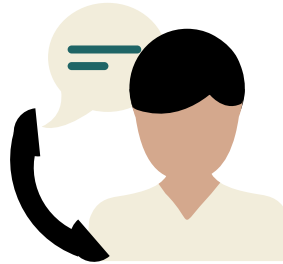
Our Partners:

Our partners include: Six Nations Child and Family Services, Six Nations Mental Health and Addictions, Youth Life Promotion, Children's Mental Health and Addictions and the Gedeo Community Crisis Response Team.

Modernization:

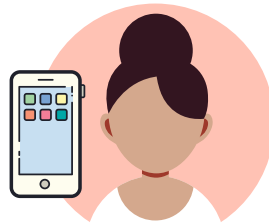
In May 2020, the Six Nations Mobile Crisis Service did a soft launch of modern features to offer new ways to connect. We hope this allows people unable to talk on the phone to get the support they need.

How to Access the Crisis Line:



Option 1: 24/7 Crisis Phone Line 866-445-2204 or 519-445-2204

When you contact the crisis phone line, you will be connected with a Crisis Response Worker. All calls are kept strictly confidential.



Option 2: Text Messaging 226-777-9480

The Six Nations Mobile Crisis Service offers Texting crisis response. Texting is currently available Monday to Friday from 8:30am - 4:00pm. A person seeking crisis support through text will be connected with a Crisis Response Worker and will receive messages through text.



Option 3: Live Chat

Link on [sixnations.ca](https://www.sixnations.ca) website under Crisis Support - Start Live Chat

The Six Nations Mobile Crisis Service offers Live Chat Crisis Response. Live Chat is a web-based Instant Messaging response and is done on your computer over the internet. Live Chat is currently available Monday to Friday from 8:30am - 4:00pm.

Mobile Response:

The Six Nations Mobile Crisis Service offers mobile response. This feature can be activated by contacting us through phone, text or live chat.

Walk-in Crisis Support:

Walk-in Crisis Support is available at Child and Family Services during business hours (Monday - Friday 8:30am - 4:00pm)