

We are here to listen.
We are here to help.

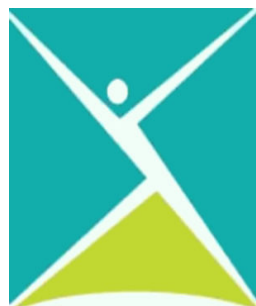
CMHA-YT Reach Out Support Line

1-844-533-3030

Volunteer Based. Confidential. Non-Judgmental

Operates from 2pm-10pm by trained volunteers who, no matter how big or small the issue will listen, support and help callers explore options.

Reachout@yukon.cmha.ca
yukon.cmha.ca



**Canadian Mental
Health Association**
Yukon
Mental health for all
Reach Out Support Line

**Association canadienne
pour la santé mentale**
Yukon
La santé mentale pour tous
Contactez la ligne d'assistance