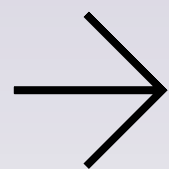


MIGRAINECANADA.ORG

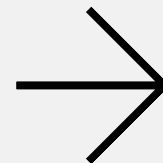
PROVINCIAL HEALTH LINES – MEDICAL ADVICE AT YOUR FINGERTIPS

You are not alone.

Contact 911 if there is a risk of harm to self or others.



Keep scrolling for help resources.

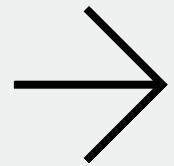


TIPS FOR COPING WITH A CRISIS

- Know your limits (individual and group).
- Create a plan – prepare for the situation before it happens.
- Contact 911 if there is a risk of harm to self or others.
- Refer to local distress and crisis resources.

Please note that phone counselling is not for use in emergencies. If you, or somebody you care about, is in danger, call 911 right away.

PROVINCIAL HEALTH LINES



These numbers are designed to provide medical advice and information over the phone, often staffed by registered nurses.

ALBERTA

- Health Link: **811 (1-866-408-5465)**
- Mental Health Helpline: **1-877-303-2642 (for mental health support)**

BRITISH COLUMBIA

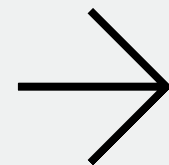
- HealthLink BC: **811 (1-866-215-4700)**
- BC Mental Health Support Line: **310-6789 (no area code required)**

MANITOBA

- Health Links: Info Santé: **204-788-8200 & (1-888-315-9257)**
- Manitoba Suicide Prevention & Support Line: **1-877-435-7170**

Please note that phone counselling is not for use in emergencies. If you, or somebody you care about, is in danger, call 911 right away.

NEW BRUNSWICK



- Tele-Care: **811**
- CHIMO Helpline: **1-800-667-5005 (crisis intervention and referral)**

NEWFOUNDLAND AND LABRADOR:

- 811 HealthLine: **811**
- Mental Health Crisis Line: **1-888-737-4668**

NOVA SCOTIA

- Nova Scotia Telecare: **811**
- Mental Health Mobile Crisis Team: **1-888-429-8167**

ONTARIO

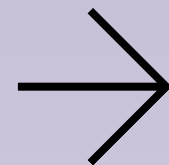
- Telehealth Ontario: **1-866-797-0000**
- Ontario Mental Health Helpline: **1-866-531-2600**
- Ontario 211 Services: **211**

PRINCE EDWARD ISLAND

- 811 HealthLine: **811**
- PEI Mental Health and Addictions Information: **1-833-553-6983**

QUEBEC

- Info-Santé/Info-Social: **811**



SASKATCHEWAN

- HealthLine: **811**
- Saskatchewan Farm Stress Line: **1-800-667-4442**

NORTHWEST TERRITORIES

- NWT Health Line: **811**
- Mental Health Crisis Line: **1-800-661-0844**

NUNAVUT

- Nunavut Health Line: **1-888-315-9257**
- Nunavut Kamatsiaqtut Help Line: **1-800-265-3333**

YUKON

- Yukon HealthLine: **811**
- Yukon Distress & Support Line: **1-844-533-3030**

 info@migrainecanada.org

 www.migrainecanada.org

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Contact 911 if there is a risk of harm to self or others.