



Helping Ourselves through
Peer Support & Employment

Telephone Peer Support



H.O.P.E. (519) 751-1694

Call or Text Joanne
Weekdays 9am-5pm

If you are in distress, please call your local crisis line or text 'CONNECT' to 686868 on your cell phone.
If it's an emergency, call 9-1-1 or visit your nearest emergency department.