

# Newfoundland & Labrador: Crisis Support & Mental Health Resources



## MENTAL HEALTH CRISIS LINE

**CALL (709) 737-4668**

Call to speak to a counsellor immediately

## AgTalk: Online Peer-to-Peer Support Platform

[www.domore.ag/agtalk](http://www.domore.ag/agtalk)

Anonymous & available 24/7



## Wellness Tips & Self- Directed Resources

[www.domore.ag/wellness-tips](http://www.domore.ag/wellness-tips)  
[mha.easternhealth.ca/help-online/](http://mha.easternhealth.ca/help-online/)

## VIRTUAL COUNSELLING

**(780) 296-1360**

[Emilee@Next-Step-Counselling.com](mailto:Emilee@Next-Step-Counselling.com)

[www.Next-Step-Counselling.com](http://www.Next-Step-Counselling.com)

\*Agriculturally informed Counsellors



## Questions or concerns?

Contact Kylie Stokes, NLFA Mental Health & Safety Coordinator  
[kstokes@nlfa.ca](mailto:kstokes@nlfa.ca)