**Mental Health Supports:**

COAST provides services to people in the Niagara Region who are in crisis and have a mental health concerns. The program is a partnership between Distress Centre Niagara, Canadian Mental Health Association Niagara, Niagara Health System, Niagara Regional Police Services. To contact the Niagara COAST Office, please call: (24 hours, 7 days a week) the Niagara Crisis Line at **1-866-550-5205 extension 2**

### Pathstones Mental Health Crisis & Support can always be reached by calling 1-800-263-4944