

# CALL 811

*today to*

# GET HELP



When you call 811, a licensed healthcare professional will give you options and information to help you with health or mental health and addictions-related questions or concerns. You will be able to discuss your concerns in a safe, caring, and confidential manner.

A registered nurse will assess your symptoms and help you decide whether to treat your own symptoms, go to a clinic, see your primary health care provider, or access emergency medical care, if necessary.

HealthLine 811 also provides mental health and addictions support. HealthLine's registered Psychiatric Nurses and Registered Social workers can offer crisis support, advice to help you manage your situation, and connections to resources in your community.

## HELP TO DEAL WITH MENTAL HEALTH ISSUES:

- Behavioral and emotional disorders in children.
- Dissociation and dissociative disorders.
- Obsessive compulsive disorder.
- Bipolar affective disorder.
- Anxiety disorders.
- Eating disorders.
- Depression.
- Paranoia.



**HEALTHLINE 811**