

# TEXT SUPPORT FROM REBOUND

## 905-269-7165

Mental health support available

**Monday - Friday**

**9 am - 5 pm**

**I need someone to talk to.**

**I'm glad you reached out.**

**Tell me what I can help you with.**



**Rebound**  
Child & Youth Services  
Northumberland

*Strength of Character, Strength of Community*

*\*Standard messaging rates will apply.*