

# Additional Mental Health Support Is Available By Phone

A recent report from Kids Help Phone indicated a 350% jump in calls related to COVID-19 over the past two weeks.

At Rebound we will be here to support the children, youth, and families of Northumberland County during this difficult and uncertain time by providing telephone mental health support during our regularly scheduled business hours.

Please see the below instructions on how to speak with a mental health professional.

**Walk-In Counselling Clinic:** Telephone support will continue on regular walk-in days Tuesdays from 8am-4pm and Thursdays from 10am-6pm. Please call 905-377-7784.

**Monday-Friday from 9am-5pm:** Call Rebound at 905-372-0007 and leave a confidential message containing your first and last name, phone number, and date of birth. One of our team members will respond to you as soon as possible to provide telephone mental health support.

