* 911 if emergent
* [https://www.amhs-kfla.c](https://www.amhs-kfla.ca/)a/  
  CRISIS LINE: 613-544-4229/1-866-616-6005 (Kingston)  
  613-354-7388/1-800-267-7877 (Napanee)
* Mobile crisis hours - **Kingston & Frontenac**
  + Hours: 8:00 am-midnight Monday – Friday
  + 8:00 am – 8:00 pm Saturday and Sunday
  + **Napanee and L&A**
  + Hours: 8:30 am- 8:30 pm Monday – Friday
  + 10:00 am – 6:00 pm Saturday and Sunday
  + **Kingston**
  + **Telephone Aid Line Kingston (TALK)**
  + Distress line: 613-544-1771  
     Call distress line anytime from 6:00pm – 2:00am.
  + Website: <https://telephoneaidlinekingston.com/>
  + Hope for Wellness - 1-855-242-3310 – 24/7 help line for Indigenous persons
* Here 24/7 – 1-844-437-3247
* Family
* CC
* Family Dr
* Create online referral to AMHS

Courses available to take:

<https://continuingeducation.wlu.ca/public/category/courseCategoryCertificateProfile.do?method=load&certificateId=1053424>