

# First Call Care



## Did you know you have access to immediate telephonic counselling support and crisis intervention services?

Homewood Health's First Call Care service provides same day support, either immediately with a warm transfer, or with a same day call back from a licensed clinician. Our First Call Care service provides intervention for individuals experiencing any of the following:

- Anxiety
- Depression
- Grief
- Parenting Issues
- Relationship Issues
- Suicidal Ideations
- Workplace Stress
- And much more

## How does Homewood Health help?

Our intake counsellors answer your call, assess your needs, and will get you same-day access to a single session of counselling with a Homewood Health clinician who provides support with:

- Developing Self-Care Strategies and Resources
- Emotional Containment
- Goal Setting
- Referrals to community resources
- Safety Planning
- Tangible, Present-oriented Solutions
- Traumatic Events

## Call 1-800-663-1142

Non-urgent calls will be taken 8:00am ET – 9:00pm ET  
Urgent support for at risk clients is available 24/7 based on triage criteria.