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| **Emergency Numbers** |
| Fire, Police, & Ambulance: 911 |

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| **Non-Emergency Numbers** |  |
| Police: LOCAL POLICE # | Fire: LOCAL FIRE # |
| Ambulance: LOCAL AMBULANCE # | Local Telecare: LOCAL TELECARE # |
| Crisis: LOCAL CRISIS LINE # | Provincial Telecare: PROVINCIAL TELECARE # |
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| Name of clinic your agency is connected with: CLINIC # | Your Nurse Practioner is: NURSE PRACTITIONER’S NAME |
| Online mental health support: URL (for example: https://www.7cups.com/) |
| Online medical health support: URL (for example: http://dialadoc.ca/) |

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| **Other Important Numbers** |
| Shelter/Agency: # |
| Harm Reduction supplies: # |
| Outreach Worker: # |
| CAS Worker: # |
| CMHA Worker: # |