

HEALTH & WELLNESS

We are pleased to announce that confidential mental health support is now available to eligible Algoma workers and their families through the Steelworker POWER Action Centre.



Job loss and uncertainty can place considerable stress on workers and families. Whether you are dealing with anxiety, depression, financial pressures, or simply need someone to talk to, professional support is available through one of our local providers:



Safe Haven Sault Ste. Marie

Client-centred counselling
in a safe, supportive, and
judgment-free environment.

➤ Register with Safe Haven

Call or text: 705-971-6088



These services are:

- Confidential
- Provided at no cost
- Available through local professionals
- Separate from all other Steelworker POWER Action Centre services

**You do not have to navigate this transition alone.
We are here to help.**



**In crisis or need
immediate help?**

Contact **Sault Area Hospital Crisis Services** at 705-759-3398 or 1-800-721-0077, available 24 hours a day.

You can also call or text 988, the **Suicide Crisis Helpline**, at any time.

If there is an immediate danger to life, call 911.

The local provider services described above are intended for ongoing support and are not crisis-intervention services.



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