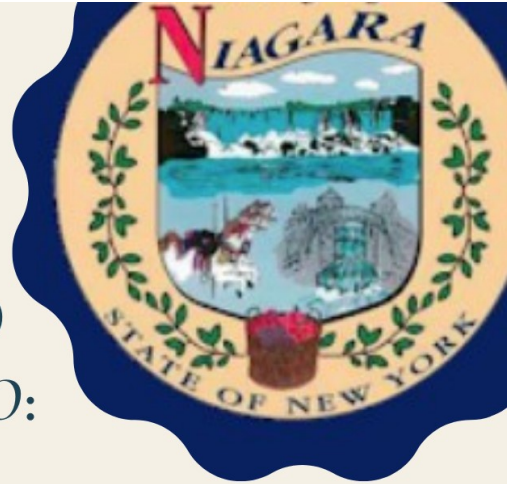


# WELL NIAGARA APP

Download the app  
for quick access to:



1

Call or text for help,  
24/7

2

Safety plans, 24-hour crisis  
services

3

Counseling and community  
services

4

Assistance with basic needs,  
harm reduction

5

Instant access to maps with  
locations of safe places

6

Peace and Calm guided  
meditation



**SCAN**  
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