ASKING FOR SUPPORT

A first message is enough

You can start with a few words.



Try this: I'm having a hard time. Can you help me find a next step? If you want, add: What you need: a conversation, counselling or help finding services. Contact North Aster: hello@northaster.com. Counselling: within Canada, subject to suitability and local requirements. Support and navigation: internationally. Email is not monitored for emergencies.

Reading: North Aster: Contact and service scope