

MENTAL HEALTH RESOURCES FOR YOUNG PEOPLE

Know a young person who needs support? These resources may help. You can also look for resources in your community at 211.ca or by checking the website of your municipality or community centre.

KIDS HELP PHONE
call: 1-800-668-6868
text: 686868

kidshelpline.ca

WE MATTER
for Indigenous youth

wemattercampaign.org

CANADIAN MENTAL HEALTH
ASSOCIATION

cmha.ca

ANXIETY CANADA

anxietycanada.com

MENTAL HEALTHY LITERACY

mentalhealthliteracy.org

CHILDREN'S MENTAL HEALTH
ONTARIO (CMHO)

cmho.org

If a young person you know is in crisis/talks about suicide:

- Kids Help Phone: 1-800-668-6868
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- talksuicide.ca

If you think someone's life is in danger, call 911 or go to the emergency department.