

Finding Resources

1. Who could you talk to if you are struggling with your mental health? Write down their name(s).


_____	_____	Trusted adult/friend
_____	_____	Counselling centre
_____	_____	Family doctor
_____	_____	Elder or community leader
_____	_____	Anonymous helpline

2. **Where** in your community could you go for **professional** mental health support? Find at least **one resource in your community** and add it to the list above.

For ideas, you can visit KidsHelpPhone.ca and select **Resources Around Me**.

Whenever you need to talk, we're open.

Youth Text. TALK to 686868	Call. 1 800 668 6868
Adults Text. WELLNESS to 741741	Chat. KidsHelpPhone.ca



KIDS HELP PHONE

