

CLARITY AND CARE



BY: SOBIA MANSOOR

1

Youth in Distress: Where to Get Help

You are not alone. Support is just a call or text away.

24/7 Crisis Support

Kids Help Phone

- **What:** Free, confidential mental health support for youth (ages 5–29)
- **Services:** Text, phone, online chat, and resources
- **Call:** 1-800-668-6868
- **Text:** Text **CONNECT** to 686868
- **Website:** www.kidshelpphone.ca

Youth Wellness Hub Ontario

- **What:** Walk-in support for youth aged 12–25 with mental health, addiction, employment, and housing services
- **Website:** www.youthhubs.ca

Talk Suicide Canada

- **What:** Crisis support for anyone thinking about suicide or worried about someone else
- **Call:** 1-833-456-4566 (24/7)
- **Text:** 45645 (Evenings)
- **Website:** www.talksuicide.ca

Mental Health Support & Counseling

Good2Talk (Post-secondary students)



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2

- **What:** Confidential mental health support for college/university students
- **Call:** 1-866-925-5454
- **Text:** GOOD2TALKON to 686868
- **Website:** www.good2talk.ca

The New Mentality (Youth Advocacy & Support)

- **What:** Youth-led mental health networks to reduce stigma
- **Website:** www.thenewmentality.ca

Cultural & Community-Based Support

Naseeha Mental Health

- **Call:** 1-866-627-3342
- **Website:** www.naseeha.org

Black Youth Helpline

- **What:** Culturally relevant support for Black youth and families
- **Call:** 1-833-294-8650
- **Website:** www.blackyouth.ca

Self-Help & Daily Tools

- **MindShift CBT App** (Anxiety management)
- **MoodTools** (Depression support tools)
- **DBT Diary Card Apps** (Emotion regulation)



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3

Local Help in Toronto/Markham

- **Skylark Children, Youth & Families:** www.skylarkyouth.org
- **York Region Youth Services:** www.york.ca/youth
- **Strides Toronto:** www.stridestoronto.ca

“Asking for help is a sign of strength.”

You matter. You are loved. Your story isn't over.

