CLARITY AND CARE



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

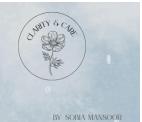
Mental Health Support & Counseling

Good2Talk (Post-secondary students)



1

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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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BY: SOBIA MANSOOR

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.

