



Are you feeling overwhelmed?

Do you need help?

Do you need someone who you can talk to?

We all need help sometimes. Talking with someone is one way to take care of ourselves and feel better.

Check out these helpers that are available whenever you need them:

**Kids Help Phone
(24/7):**

(800) 668-6868

or text CONNECT
686868

**Suicide Crisis
Helpline (24/7):**

9-8-8

**Naseeha Muslim
Help Line (24/7):**

(866) 627-3342

(many languages)

Hope for Wellness

(for Indigenous peoples)
(24/7):

(855) 242-3310

Trans Lifeline:
(877) 330-6366

**Black Youth
Helpline:**

(833) 294-8650

LGBT Youthline:

Text

(647) 694-4275

or chat at youthline.ca

**Child/Youth
Crisis Line (24/7):**

(613) 260-2360

or chat at chat.ysb.ca

**Jewish Family
Services (JFS):**

(613) 722-2225

Remember, you don't have to be alone.
There are people who can help.

Brought to you by YAC
OCDSB's Student Voice
on Mental Health

