



Are you feeling overwhelmed?

Do you need help?

Do you need someone who you can talk to?

We all need to talk sometimes, and that's okay.

Talking with people is one way we can take care of our mental health and feel better.

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

**Youth Services
Bureau (24/7):**

(613) 260-2360
or chat at chat.ysb.ca

Suicide Crisis Helpline

(24/7):

9-8-8

Trans Lifeline:

(877) 330-6366

LGBT Youthline:

(800) 268-9688
or chat at youthline.ca

**Black Youth
Helpline:**

(833) 294-8650

Rape Crisis Centre:

(613) 562-2333

Kids Help Phone (24/7):

(800) 668-6868
or text
CONNECT 686868

**Hope for Wellness
(24/7):**

(855) 242-3310

**Jewish Family
Services (JFS):**

(613) 722-2225

**Naseeha
Mental Health:**

(866) 627-3342

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

