REACH OUT... TALK... GET SUPPORT...

CRISIS SERVICE CANADA
Call 1-833-456-4566 anytime or text 45645 from 4 p.m. to midnight

BOUNCE BACK
bouncebackontario.ca/
Delivered over the phone with a coach and through online videos, youth will get access to tools that will support them on their path to mental wellness

KIDS HELP PHONE
Online chat or call 1-800-668-6868 to speak to a counselor or text CONNECT to 686868

LESBIAN GAY BI TRANS YOUTH LINE
Queer, Trans, Two-Spirit youth ed organization for youth up to 26
Call: 1-800-268-9688

ASSAULTED WOMEN'S HELPLINE
We speak over 200 languages including 17 Aboriginal languages
call 1-800-863-0511 or
#SAFE (7233)

BIG WHITE WALL
www.bigwhitewall.com/