

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

**BOUNCE BACK**

[bouncebackontario.ca/](http://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

**CRISIS SERVICE  
CANADA**

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

**BIG WHITE WALL**

[www.bigwhitewall.com/](http://www.bigwhitewall.com/)

**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)