

MENTAL HEALTH RESOURCES FOR YOUTH

- Youth Mental Health Resource <http://mindyourmind.ca/>
- Teen Help Line
<http://www.kidshelpphone.ca/teens/home.aspx>
- LGBTQ Teen Help Line <http://www.youthline.ca/>
- Youth Mental Health Resource from YMCA
<https://ymhc.ngo/>
- CMHA Mental Health Resource
<https://ontario.cmha.ca/mental-health/child-and-youthmental-health/>
- Anxiety BC <https://www.anxietycanada.com/learn-aboutanxiety/anxiety-in-youth/>
- Good Apps: mindshift, be safe, calm, headspace.
- Suicide hotlines Call 1.833.456.4566 | Text 45645
<https://www.crisisservicescanada.ca/en/>
- Youthspace Text Line (Canada) Text 778-783-0177 from 6 p.m. to midnight daily.
- <https://kidshelpphone.ca/> Call a counsellor: 1-800-668-6868.