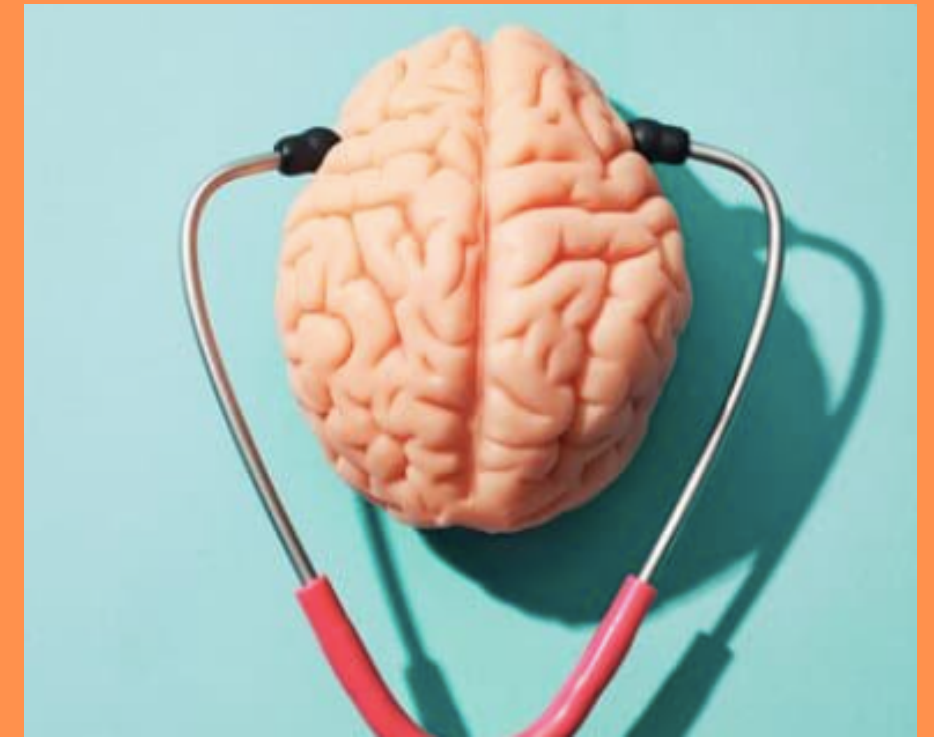


YOUTH MENTAL HEALTH DURING COVID-19: IT'S OKAY TO ASK FOR HELP.



*If you want to talk, are feeling distressed,
or are in crisis, use the following resources:*

FIRST NATIONS HOPE FOR WELLNESS HELPLINE

1-855-242-3310

- immediate counselling and crisis intervention for all ages
- online chat available at www.hopeforwellness.ca

KIDS HELP PHONE (AGES 5-20)

1-800-668-6868

- 24/7 counselling and referrals for mental health, addictions and well-being

GOOD2TALK (AGES 17-25)

1-866-925-5454

- 24/7 counselling and referrals for post-secondary and indigenous institute students in Ontario

MINDYOURMIND.CA (ALL AGES)

- space for youth to access resources and tools for managing stress, crisis and mental health problems

MENTAL HEALTH HELPLINE (ALL AGES)

1-866-531-2600

- provides information about services and supports in your community
- listens, offers support and provides strategies to help you meet your goals

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What can self-care look like during this time?

- Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle.
- Do things that make you feel physically and emotionally safe, and be with those who are helpful to your wellbeing.
- While social distancing is being encouraged, isolating from your social circle can be harmful to your mental health. Pick up the phone, FaceTime a loved one, or text a friend to see how they are doing. Stay connected!
- Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this).
- It can help to talk with a trusted adult or elder if it all feels a bit much.