

We're here for you during COVID-19

Kids Help Phone knows that the COVID-19 pandemic is affecting both adults and young people across Canada and around the world. We want you to know that we are always here if you need support.

Where can people in Canada reach out for support?

As an e-mental health service, Kids Help Phone is available 24/7, in both English and French, providing free support to both young people and adults, including frontline workers.

Kids Help Phone 

Support for young people

**Call 1-800-668-6868
Text TALK to 686868**

CRISIS TEXT LINE |

Support for adults

Text TALK to 741741

Support for frontline workers

Text FRONTLINE to 741741

What other trustworthy resources are available?

There are a wide variety of mental health resources available to both young people and adults online at kidshelpphone.ca and wellnesstogether.ca.



<https://kidshelpphone.ca/get-info/worry-rockets/>



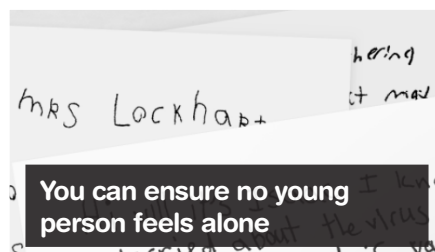
<https://kidshelpphone.ca/get-info/taking-care-of-yourself-while-sharing-space-during-covid-19/>



<https://kidshelpphone.ca/get-info/13-ways-to-ease-concerns-about-school-during-covid-19/>



<https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-the-young-people-in-your-life-during-covid-19/>



<https://kidshelpphone.ca/get-involved/give-you-can-ensure-no-young-person-feels-alone-during-covid-19/>



wellnesstogether.ca