

24/7, free & confidential mental health and wellness support for those affected by Hurricane Fiona



Kids Help Phone is available 24/7 for people experiencing the impacts of extreme weather. Our free e-mental health services are open to support people in Eastern Canada — and across the country.

FOR YOUTH

Text 686868 to connect with a trained, volunteer crisis responder

Call 1-800-668-6868 (using a landline, cellphone or VoIP service on a computer) to speak with a professional counsellor

Engage with other young people about what's on your mind at KidsHelpPhone.ca/PeerToPeer

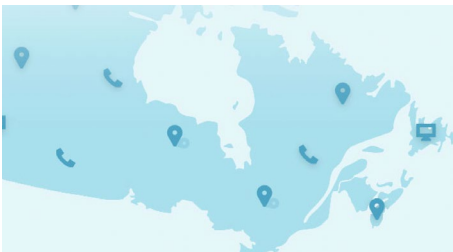
FOR ADULTS

Text 741741 to connect with a trained, volunteer crisis responder

To access mental health and substance use support, visit WellnessTogether.ca

For mental health tips, resources and support, you can visit KidsHelpPhone.ca.

You can also click on the images below to explore information, self-guided tools and community supports in Canada. Because you're not alone.



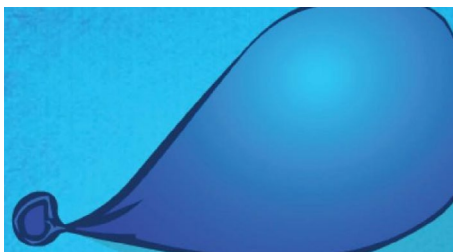
Resources Around Me



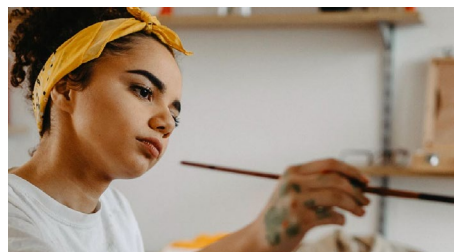
Coping with tragedy



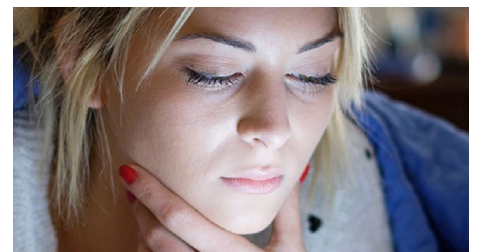
How to cope with upsetting news stories



Breathing Balloon



What is mindfulness, and how can I practise it?



Mental health resources for current issues, news & events