

Accessing Resources

FOR LEADERS



Asking for help can be difficult for anyone at any age. As a trusted adult, you may have 4-H members reach out to you for support. Here is how you can help them get the proper support they need.

Kids Help Phone is available across Canada!

Living in a rural area can limit the amount of resources available. Kids Help Phone is available across Canada and is easily accessible to all youth in all communities.

The counsellors at Kids Help Phone are there for your 4-H members, whether they just need someone to listen or if they are in crisis. They are trained to respect youth's privacy, listen without judgment and work with them to come up with a plan, from preparing for a big test to questions on anxiety. Counsellors at Kids Help Phone can also help members find resources in their area.

4-H members can connect with Kids Help Phone counsellors or volunteer crisis responders in three different ways:



CALL

1-800-668-6868

24 hours a day, 7 days a week,
365 days a year



TEXT

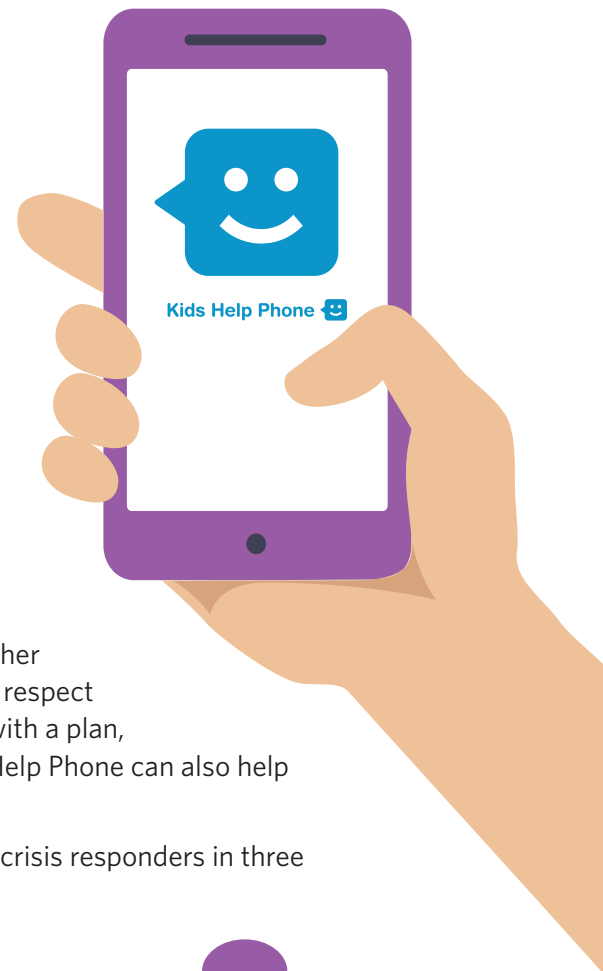
Text CONNECT
to **686868**



LIVE CHAT

KidsHelpPhone.ca

Download the free mobile app:
Always There



4-H members can also check out Resources Around Me

Kids Help Phone has a comprehensive list of resources by community and category, such as counselling services, housing support, and legal support.

apps.kidshelpphone.ca/resourcesaroundme/welcome.html



Resources in your province

Here is a list of some provincial resources available to support your 4-H members and their mental health. **This list is not exhaustive and you can find more resources through Resources Around Me at KidsHelpPhone.ca.**

British Columbia

Youth In BC

youthinbc.com
604-872-1811

Alberta

CASA - Child, Adolescent and Family Mental Health

casaservices.org/resources-specific-mental-health
780-400-2271

Saskatchewan

Saskatchewan HealthLine 811

saskatchewan.ca/residents/health/accessing-health-care-services/healthline
1-877-800-0002

Manitoba

Klinic Community Health: Manitoba Farm Rural & Northern Support Services

supportline.ca
1-866-367-3276

Ontario

Wellness and Emotional Support for Youth

wesforyouthonline.ca
519-507-3737

Quebec

Interligne

interligne.co
1-888-505-1010

New Brunswick

Chimo Helpline

chimohelpline.ca
1-800-667-5005

Nova Scotia

IWK Health Centre

iwk.nshealth.ca/mental-health/youth/mental-health-and-addictions-emergency-or-crisis
1-888-429-8167

Prince Edward Island

Island Help Line

pei.cmha.ca
1-800-218-2885

Newfoundland and Labrador

Canadian Mental Health Association: Newfoundland and Labrador

cmhanl.ca
1-888-737-4668

Kids Help Phone 

4-H Canada has partnered with Kids Help Phone to develop this resource
KidsHelpPhone.ca



4-h-canada.ca/healthyliving