

Accessing Resources

FOR MEMBERS



Whether you are growing up in a rural or an urban community, asking for help can be difficult and you may not know where to go. Here are some ways to access support and learn more about resources in your community.

Kids Help Phone is available across Canada!

One of the most trusted resources you can access is Kids Help Phone. Their counsellors are there for you, whether you just need someone to listen or to ask specific questions. There is never any judgement from the counsellors and everything you discuss is completely confidential.

Three ways you can connect with Kids Help Phone:



CALL

1-800-668-6868

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



TEXT

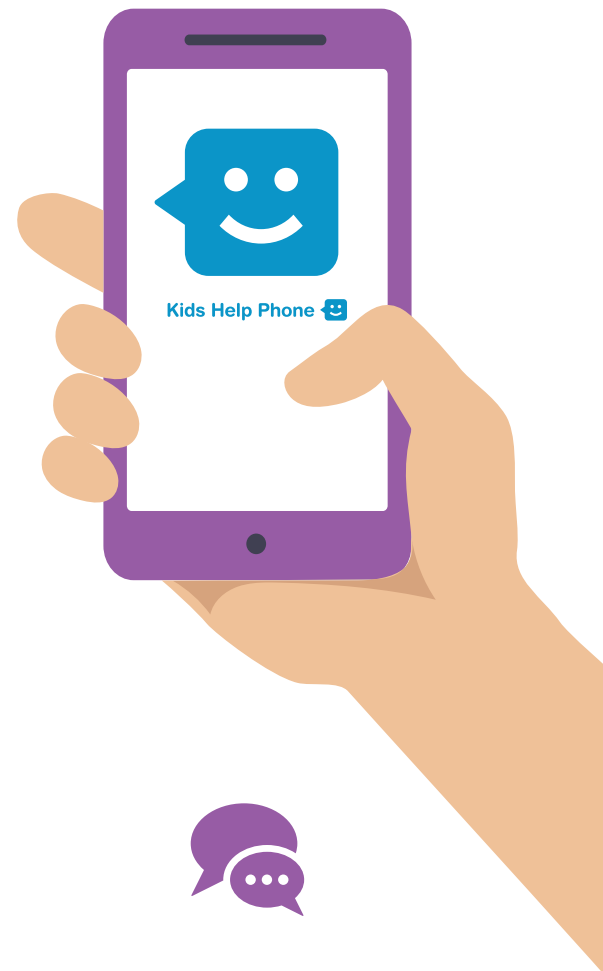
Text CONNECT
to **686868**



LIVE CHAT

KidsHelpPhone.ca

Download the free mobile app:
Always There



Resources Around Me provides a list of resources right in your community

apps.kidshelpphone.ca/resourcesaroundme/welcome.html



Resources in your province

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

Please note this is not a comprehensive list of services available. For more resources check out Kids Help Phone's Resources Around Me at KidsHelpPhone.ca.

Kids Help Phone 

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



4-h-canada.ca/healthyliving