

Are you feeling overwhelmed?

Do you need help and aren't sure where to go?

Do you want to know who you can talk with?

♥ We all need to talk sometimes and that's okay. ♥

Talking with people is one way we can take care of our mental health and feel better.

Check out these resources that are available whenever you need them:

Youth Services Bureau (24/7) - (613) 260-2360 or chat @ chat.ysb.ca

Kids Help Phone (24/7) - (800) 668-6868 or text CONNECT 686868

Hope for Wellness (24/7) - (855) 242-3310

LGBT Youthline - (800) 268-9688 or text 647-694-4275

Black youth helpline - (833) 294-8650

Naseeha Mental Health - (866) 627-3342

TransLifeline- (877) 330-6366

Rape Crisis Centre - (613) 562-2333

Jewish Family Services (JFS) - (613) 722-2225

Remember you don't have to be alone, there are people who can help.

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OCDSB's Student Voice
on Mental Health