



REACH OUT

# Talk to Someone

OCDSB: Stress Lesson Resource 2022-2023

**Reaching out to others** is a key way  
to **manage stress**.

**You don't have to do this alone!**

Reach out to someone, find a trusted adult  
that you could talk about this stuff with.

Those people may include a **teacher,**  
**guidance counsellor, a parent or**  
**older sibling.**

There are great people available in your community  
for exactly this reason...

[1call1click.ca](http://1call1click.ca)

[ysb.ca](http://ysb.ca) 613-260-2360

[kidshelpphone.ca](http://kidshelpphone.ca)

1-800-668-6868

