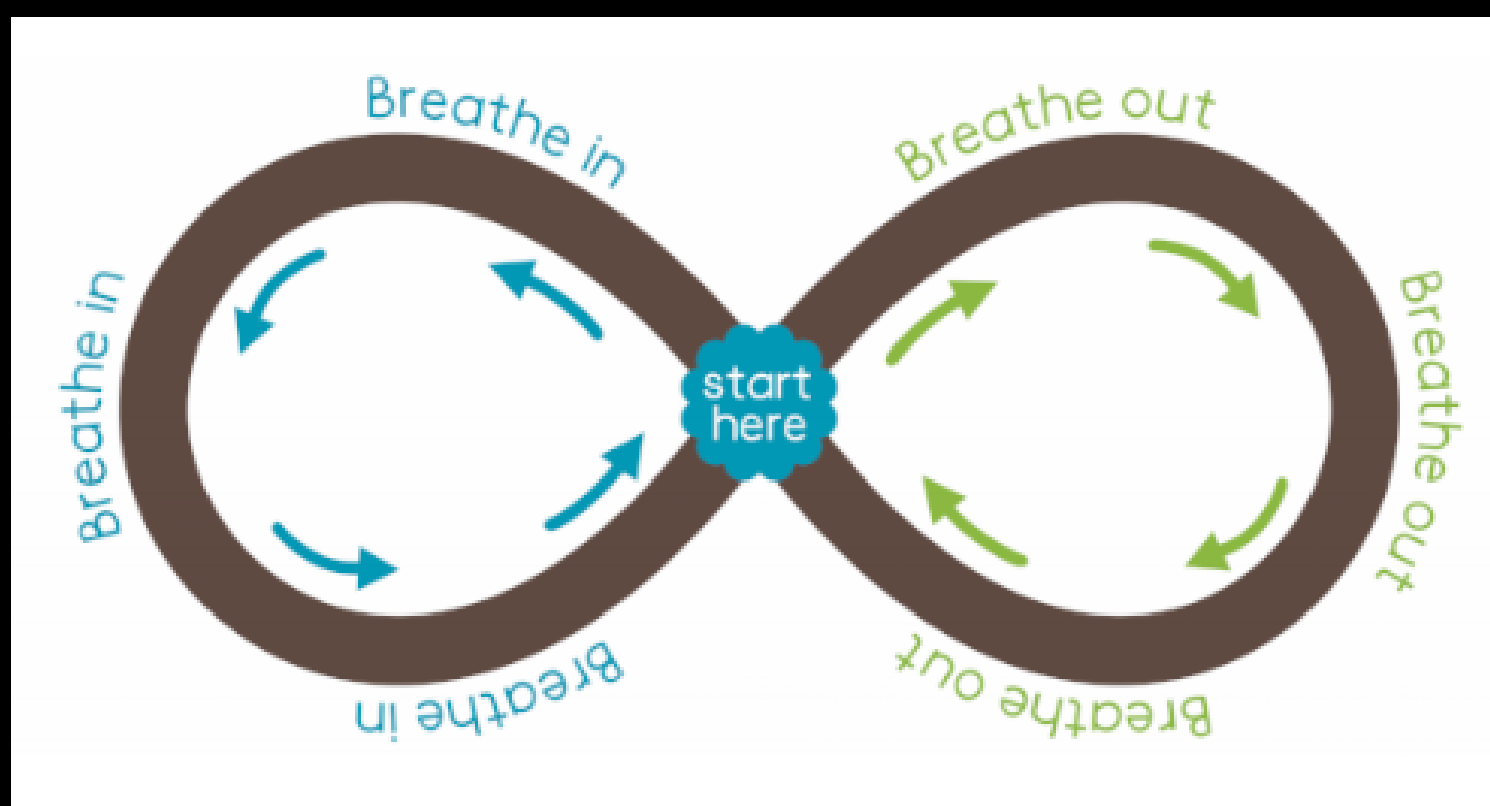


Not everything that weighs you down is yours to carry alone.

IT'S OK NOT TO BE OKAY

We are here to help!
If you need help from a school Social Worker to get connected to mental health supports talk your teacher.



Check out the new WCDSB Mental Health and Wellness webpage for info about how to proactively support wellness during Covid.
www.wcdsb.ca

If you need someone to listen call
1 (800) 668-6868
or text 'CONNECT'
to 686868

Kids Help Phone 

Get connected to mental health supports close to home.

(519) 749-2932

Front Door

Access to Child and Youth
Mental Health Services

If you are in crisis
call Here 24/7.
Anytime. Any day.



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington