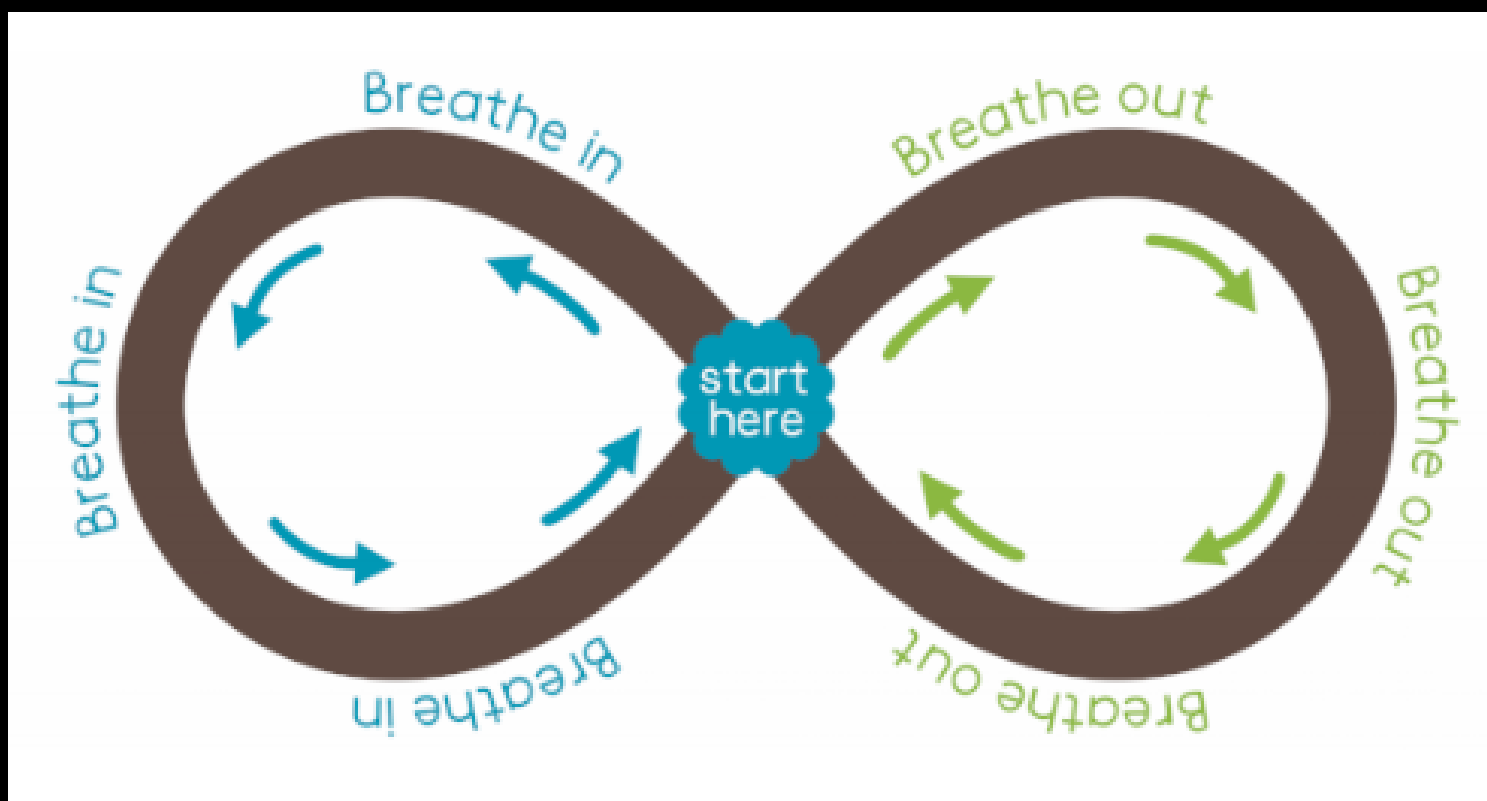


Not everything that weighs
you down is yours to carry
alone.

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