

# Accessing Resources

FOR LEADERS



Asking for help can be difficult for anyone at any age. As a trusted adult, you may have 4-H members reach out to you for support. Here is how you can help them get the proper support they need.

## Kids Help Phone is available across Canada!

Living in a rural area can limit the amount of resources available. Kids Help Phone is available across Canada and is easily accessible to all youth in all communities.

The counsellors at Kids Help Phone are there for your 4-H members, whether they just need someone to listen or if they are in crisis. They are trained to respect youth's privacy, listen without judgment and work with them to come up with a plan, from preparing for a big test to questions on anxiety. Counsellors at Kids Help Phone can also help members find resources in their area.

4-H members can connect with Kids Help Phone counsellors or volunteer crisis responders in three different ways:



### 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**



## 4-H members can also check out Resources Around Me

Kids Help Phone has a comprehensive list of resources by community and category, such as counselling services, housing support, and legal support.

[apps.kidshelpphone.ca/resourcesaroundme](https://apps.kidshelpphone.ca/resourcesaroundme)



# Resources in your province

Here is a list of some provincial resources available to support your 4-H members and their mental health. **This list is not exhaustive and you can find more resources through Resources Around Me at KidsHelpPhone.ca.**

## 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

**Kids Help Phone** 

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



4-h-canada.ca/healthyliving