

# Accessing Resources

FOR MEMBERS



Whether you are growing up in a rural or an urban community, asking for help can be difficult and you may not know where to go. Here are some ways to access support and learn more about resources in your community.

## Kids Help Phone is available across Canada!

One of the most trusted resources you can access is Kids Help Phone. Their counsellors are there for you, whether you just need someone to listen or to ask specific questions. There is never any judgement from the counsellors and everything you discuss is completely confidential.

Three ways you can connect with Kids Help Phone:



### 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**



Resources Around Me provides a list of resources right in your community

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



# Resources in your province

## 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

**Please note this is not a comprehensive list of services available. For more resources check out Kids Help Phone's Resources Around Me at KidsHelpPhone.ca.**

**Kids Help Phone** 

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



4-h-canada.ca/healthyliving