



#mindsmatter@kprschools

Toolbox for Teens

Ways to manage stress and take care:

12 Instant Stress Busters

<https://jack.org/getattachment/ef599e48-8822-4b91-8e7f-33348ad4358d/12-Busters-de-stress-instantane-Jeunesse-J-ecout.aspx>

Self-Care 101 for Teens

<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>

Be Well KPRDSB Student Handbook

<http://www.kprschools.ca/content/dam/kpr/documents/Be%20Well%20Student%20Mental%20Health%20Handbook.pdf>

On-line Hub of COVID19 Youth Focused Resources:



Learn/ Find Help/ Make Change

<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca>

How to have a conversation about mental health concerns:

Reaching Out. How to have a conversation about getting mental health support

<https://smho-smso.ca/wp-content/uploads/2020/03/Reaching-Out.pdf>

Be There. How to talk with a friend about mental health problems from Jack.org

<https://bethere.org/Home>

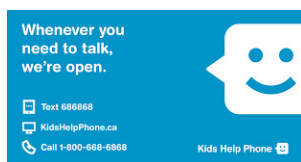
No Problem Too Big or Too Small

<https://smho-smso.ca/wp-content/uploads/2019/12/Booklet-Simple.pdf>

Reaching out for Help:

Kids Help Phone. Text, Phone, Live Chat, or find resources 24/7

<https://kidshelpphone.ca/>



Hope for Wellness Chat Line

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. 1-855-242-3310 24/7

<https://www.hopeforwellness.ca/>

Good2Talk for people 17-25 years of age in Ontario 1-866-925-5454

<https://good2talk.ca/>

Finding Youth Resources Where I Live:

Resources Around Me: Kids Help Phone helps youth find resources where they live

<https://apps.kidshelpphone.ca/resourcesaroundme/welcome.html>

Find programs and services in your area with 2-1-1

<https://211ontario.ca/>

Call: 2-1-1

Toll-free 1-877-33—3213

TTY: 1-888-340-1001