



WE ALL NEED HELP SOMETIMES

FREE, CONFIDENTIAL & BILINGUAL HELP

Some people are a little weirded out when they hear “counselling” or “professional help”. That’s OK. It means talking to someone who knows a lot about many different issues that young people face.

Think of it as a conversation with someone you can trust, who won’t judge you, and who wants to help.

Kids Help Phone

Talk to someone by calling 1-800-668-6868, texting ‘CONNECT’ to 686868 or downloading the Always There app.

Tel-Jeunes

You can call 1-800-263-2266 or text 514-600-1002

CISSS Outaouais

Dial 811, press 9 for English and choose option 2

Distress Centre of Ottawa and Region

Call 1-866-996-0991

Interligne (LGBTQ+ helpline):

1-888-505-1010

Sexual Violence Helpline:

1-888-933-9007

Hope for Wellness Helpline

Call 1-855-242-3310

Life Line (Suicide Helpline)

988



Take care of yourself.

IT'S OKAY TO ASK FOR HELP



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**You don't have to
fight your battle alone.**

YOU GOT THIS



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