



## Resources for Students

**YAC resource flyer** provides phone numbers for community crisis and mental health supports for students.



**No Problem Too Big or Too Small** provides students with information on how to ask for help by providing information about when to ask for help and how to get the conversation started.



**YouthNet Mental Health Learning Hub** is an interactive platform for students to access mental health information.



**Reaching Out** helps support students to ask for help when they need it.



**Self-Care 101** provides students with easy and helpful tips to start integrating self-care in their everyday life.

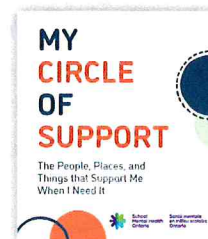


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**Stickers & Affirmations** created by youth for youth, these affirmations can provide students with encouragement and positive vibes.



**My Circle of Support** provides students with a useful help seeking resource.



**Student: Mental Health In Action** is a website which provides mental health resources and information for students.



**How to Respond When You Have Caused Harm/ How to Call Attention to a Harmful Situation** are resources that help students take practical steps to repair harm they have caused and to identify when a situation may be harmful to others.

