

THERE'S NO PROBLEM
TOO BIG OR
TOO SMALL
to reach out and
ask for help



We all have mental health
and talking about things
is one of the ways we can
take care of it



Here are some ideas to start the conversation:

"I've been feeling _____
lately, can I get your help?"

"I'm wondering if you can
help me or maybe you know
someone I can talk to?"

***TIP:** You may find it
easier to "break the ice"
by reaching out in a
letter or through text



Where to go for help:

In your school

Teachers * Coach * Guidance teacher

In your community

A faith leader * An Elder * Family doctor
Social worker * Psychologist

In your personal life

Family * Friends

It can be awkward asking for help, but you'll probably feel
relieved after you do. **There are people around you who can help.**

REACH OUT

Kids Help Phone:

You can always speak with
a counsellor, 24/7, by calling
1-800-668-6868, texting
CONNECT to **686868**.
www.kidshelpphone.ca



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

For more information and student resources,
visit School Mental Health Ontario
www.smho-smso.ca