



COMPASS
BOUSSOLE
AKII-IZHINOOGAN

Are you nervous about
going back to school?

Are you struggling with
feeling down or sad?

Do you feel like your parents
don't understand you?

Are you feeling overwhelmed
with all the news about Covid?



Compass offers free Child and Youth Mental Health
Services in the Districts of Sudbury and Manitoulin.

If you need someone to talk to, please call the
toll free number.

1.800. 815.7126

For more information, please visit **compassne.ca**.