

MindShift
App

Anxiety Canada

BounceBack

COVID Youth
Mental Health
Resource

Kids Help
Phone

2SLGBTQ+

Hope for
Wellness

Wellness
Together

Compass -
MindSPACE

N'Swakamok Native
Friendship Centre

Shkagamik-Kwe
Health Centre

SACY:
SUDBURY
ACTION CENTRE
FOR YOUTH

YMCA
Youth
Employment
Program

Crisis
Intervention

Community Resources

Check out these great resources!
Click on the buildings, flags,
clouds, and banner to find out
more!