



MindShift  
App

Wellness  
Together

Kids Help  
Phone

Crisis  
Intervention



Be Brave,  
Reach Out

SACY:  
SUDBURY ACTION  
CENTRE FOR YOUTH

Shkagamik-Kwe  
Health Centre

Compass -  
MindSPACE

Anxiety Canada

Hope for  
Wellness

2SLGBTQ+

COVID Youth  
Mental Health  
Resource

N'Swakamok Native  
Friendship Centre

