



Suicide
Hotline

Kids Help Phone

MindShift
App

Mnidoo Mnising
Crisis Response
Team

COMPASS
MindSPACE

Click on the
links to
learn more

Or call a School
Social Worker
249-377-9898
July-August



2SLGBTQ+

Hope for Wellness

Noojmowin
Teg
Health Centre

Wellness Emotional
Support for youth
online

Anxiety Canada

