We’re here for you during COVID-19

Kids Help Phone knows that the COVID-19 pandemic is affecting both adults and young people across Canada and around the world. We want you to know that we are always here if you need support.

Where can people in Canada reach out for support?
As an e-mental health service, Kids Help Phone is available 24/7, in both English and French, providing free support to both young people and adults, including frontline workers.

Kids Help Phone
Call 1-800-668-6868
Text TALK to 686868

Support for young people
CRISIS TEXT LINE
Support for frontline workers
Call 1-800-668-6868
Text FRONTLINE to 741741

What other trustworthy resources are available?
There are a wide variety of mental health resources available to both young people and adults online at kidshelpphone.ca and wellnesstogether.ca.

https://kidshelpphone.ca/get-involved/give/
you-can-ensure-no-young-person-feels-alone-during-covid-19/

https://kidshelpphone.ca/get-info/worry-rockets/
Activity: Worry Rocket

13 ways to ease concerns about school during COVID-19

Taking care of yourself while sharing space

Supporting the young people in your life during COVID-19

https://kidshelpphone.ca/get-involved/give/
Mental Health and Substance Use Support for Adults
wellnesstogether.ca.