

# 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** 

**Support for young people**

**Call 1-800-668-6868  
Text TALK to 686868**

**CRISIS TEXT LINE |**

**Support for adults**

**Text TALK to 741741**

**Support for frontline workers**

**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](https://kidshelpphone.ca) and [wellnesstogether.ca](https://wellnesstogether.ca).



**Activity: Worry Rocket**

<https://kidshelpphone.ca/get-info/worry-rockets/>



**Taking care of yourself while sharing space**

<https://kidshelpphone.ca/get-info/taking-care-of-yourself-while-sharing-space-during-covid-19/>



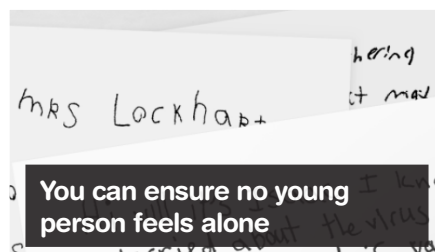
**13 ways to ease concerns about school during COVID-19**

<https://kidshelpphone.ca/get-info/13-ways-to-ease-concerns-about-school-during-covid-19/>



**Supporting the young people in your life during COVID-19**

<https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-the-young-people-in-your-life-during-covid-19/>



**You can ensure no young person feels alone**

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



**Mental Health and Substance Use Support for Adults**

[wellnesstogether.ca](https://wellnesstogether.ca)