Did you know? Everyone has mental health and at some point, everyone struggles with difficult emotions.

Almost 1 in 5 young people live with mental disorders.

The most frequently discussed issue during Kids Help Phone counselling sessions is mental/emotional health at 31%.

Thinking about next year? It’s common to worry about the future. Even positive change can be stressful. How will you prioritize your own well-being?

Stigmas, stereotypes, judgments and assumptions How are other people’s judgments and assumptions affecting your state of mind?

Ever notice how we always try to show our best side? Those social media photos may show your friends partying and vacationing — what you don’t see is the times when they feel sad, stressed or down.

What’s going on in your life now?

What does your support network look like?

Parents/caregivers
Siblings
Cousins
Friends
Co-workers
Guidance counsellor
Coaches
Supportive adults in your life
Doctors
Pets
Teachers

Working out (playing sports, doing yoga, etc.)
Reading
Watching your favourite TV show or movie
Going for a walk
Being in nature
Writing in a journal

Painting
Hanging out with your friend
Listening to music
Taking some time to yourself
Walking your pet

If it gets difficult...

What choice will keep your friend safe?

Remember there is HOPE: Share the load – talk to a safe adult

You’re not alone

Who is a safe adult in your life?

How could you talk to a safe adult about your mental health and well-being? What would you say?

How could you talk to a friend about your mental health and well-being? What would you say?

We’re here to listen

Kids Help Phone:
Call us: 1-800-668-6868
Connect: Live Chat counselling »
Always There app »

Put Kids Help Phone’s number in your cellphone:
1-800-668-6868

For more info visit:
KidsHelpPhone.ca

Statistics quoted are from various sources

These steps can help

HINT—it doesn’t have to mean talking!

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