

FAMILY

If there's an emergency, call 911 or go to your nearest hospital or emergency department.

If you're having a crisis within your family and need someone to talk to, here are some places you can go for help:

- A teacher you trust
- Someone at your local youth centre
- Kids Help Phone is a free, anonymous and confidential helpline for youth between the ages of 5 and 20 - Call 24/7: 1-800-668-6868. You can chat with a live counsellor online from Wednesday - Sunday, 6 pm - 2 am EST.
- For suicide prevention hotlines, go to <https://suicideprevention.ca/need-help/>.
- First Nations and Inuit Hope for Wellness Help Line gives free national telephone crisis intervention and counselling support for First Nations and Inuit.
Help can be reached toll-free, 24 hours a day, 7 days a week by calling 1-855-242-3310.
- Mindyourmind.ca: A space where youth can get information, resources and tools to manage stress, crisis and mental health related problems.
- Every province and territory (except NWT) has a children's and youth advocate - this office supports youth in dealing with the child welfare system. In some provinces, it also supports youth in schools and other institutions. If you're in the child welfare system and need help, go to <http://www.cccya.ca> to find out who your child advocate is.