



Finding my circle of support

handout

My trusted supportive people are...

my family, my friends, a faith or cultural leader, an Elder, any caring staff person at my school, my family doctor, a coach, a mental health professional

To start the conversation, I could say...

"Something has been bothering me. Can you help me find someone to talk to?"

"I've been feeling _____ lately and I'm not sure what to do about it."

"Do you have some time to meet with me? I have a problem I need some help with."

Other ways to connect...

- Call the intake number for local services.
- Ask my parent/caregiver to help me connect.
- Ask a caring adult at school to help me connect.
- Ask my family doctor to make a referral.

Some free helplines I know are...

- Kids Help Phone (1-800-668-6868 or text CONNECT to 686868)
- Hope for Wellness Helpline for Indigenous people (1-855-242-3310)
- Black Youth Helpline (416-285-9944 or toll-free 1-833-294-8650)
- LGBT YouthLine (text 647-694-4275)
- One Stop Talk (one hour with a mental health professional by phone or online: 1-855-416-8255 or onestoptalk.ca)

Tip: Some phone lines are open 24/7 and some have certain hours. Check out the one you prefer.

If it's an emergency, I can...

- connect with support **right away** by calling, texting, or visiting services in person
- ask a caring adult to help me connect
- make sure I am not alone (by connecting with someone face-to-face or by phone/text)
- call a helpline and they can connect me with other services they think will be helpful

I can use strategies that support my mental health, like...

- relaxing (deep breathing, napping, enjoying music)
- connecting (spending time with a friend, praying, spending time on the land)
- creating (baking, drawing, journaling, building)
- moving (stretching, walking, yoga, sports)
- doing something I enjoy or am good at

Things to remember:

- Reach out! Problems don't have to be big to talk to share them.
- Feeling better can take time. It's a process — stick with it! Your well-being is worth it.
- Ask a caring adult how old you need to be to consent to mental health services at your school. You don't always need to be 18.





Finding my circle of support

handout

My trusted supportive people are...

To start the conversation, I could say...

Some free helplines I know are...

If it's an emergency, I could...

Some strategies that support my mental health are...

"I deserve help, my feelings matter, I don't have to carry this alone..."

