

COMMUNITY RESOURCE LIST

We're going to spend some time talking about relationships and certain topics or scenarios that might bring up difficult feelings. Along with your school counsellor, here are some resources you can go to for help.

ONTARIO-WIDE RESOURCES

- [Kids Help Phone](#)
 - 24-hour call or text line for online counselling and information
 - Call **1 (800) 668-6868** or text **CONNECT** to **686868** for 24/7 chat support

- [LGBT Youthline](#)
 - Chat and peer support service for 2SLGBTQ+ people 29 and under
 - Call **1 (800) 268-9688** or text **(647) 694-4275**

GTA BASED RESOURCES

- [Family Services of Peel](#)
 - Walk-In Counselling Service
 - Call (905) 453-5775 for an appointment or visit website for virtual services

- Distress Centre of Greater Toronto
 - 24-hour emotional support and crisis intervention
 - Call **(416) 408-4357** or text **45645**

- Espace Jeunesse
 - Services de santé mentale pour les jeunes en français/French language mental health service for youth
 - Appel **(416) 922-2672, ext 290**