

Be Well Supports



[Kids Help Phone](https://www.kidshelpphone.ca) provides phone and web counselling for youth up to age 20. It's free, confidential, anonymous, and available 24 hours a day, 7 days a week. The website includes information on a variety of mental health topics and social issues, surveys, games and workbooks.



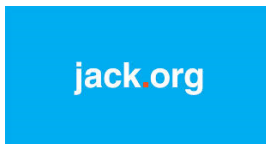
[Mindyourmind.ca](https://www.mindyourmind.ca) is for youth and young adults to access resources and interactive tools for mental health help and wellness. This online resource also focuses on reducing the stigma associated with mental illness.



[TeenMentalHealth.org](https://www.teenmentalhealth.org) - Friends, parents, health professionals, educators, and our community each play an important role in a teenager's life. If you are looking for ways to support someone in your life, our ToolBox is full of resources that can help.



[cmho.org](https://www.cmho.org) - Children's Mental Health Ontario (CHMO) provides information and resources for families, teachers, mental health professionals, and for children and youth.



[jack.org](https://www.jack.org) - is Canada's only charity training and empowering young leaders to revolutionize mental health in every province and territory.



[Randomactsofkindness.org](https://www.randomactsofkindness.org) - Their mission is to change schools, the workplace, families and society through kindness. We work toward that goal by creating free content that promotes kindness toward others and teaches important kindness skills to kids.



[anxietycanada.com](https://www.anxietycanada.com) - Expert tools and resources to help Canadians manage anxiety.



[mindfulnessforteens.com](https://www.mindfulnessforteens.com) - Being a teen can be stressful! Mindfulness is a powerful way to handle stress, and live life more fully. This website provides information, tools, and resources to help you get started.



Resources Around Me - Find mental health support in your area.
<https://www.kidshelpphone.ca/resources-around-me>