



ADHD, Anxiety, Depression? Ask for Support!

**Do you have a condition
that makes learning harder?**

Your school might be able to help.

Together, you and your school can come up with
a plan so you have an equal chance to succeed.

For example, you could get:

- extra time to finish a test,
- specific learning tools to help you.

**Not sure
where to start?**

**Talk to an adult you trust
at your school or at home.**

**You can also contact
Kids Help Phone:**

Call: 1-800-668-6868

Text message: 686868

**Learn more about your rights
and what your school
can do to help:**



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