



Need Support? You're Not Alone.

**Struggling with school,
focus, emotions or stress?**
Your school might offer services.

Your well-being matters!
Ask what services are available.

For example:

- school psychologists and guidance counsellors,
- speech therapy,
- health and social services (ex.: nurse, social worker).

**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:**

