

Kids Help Phone | www.kidshelpphone.ca

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French. Visit the [COVID-19 hub](#) for dozens of resources to support children and teens.

Jack.org | www.jack.org/COVID-Response

COVID-19 has - and will continue to have - an unprecedented impact on youth mental health. Jack.org continues working around the clock to make sure young people have the education, resources, and community they need right now in order to look out for their own mental health and that of their peers.

York Hills Centre for Children, Youth and Families | www.yorkhills.ca

Providing help to children, youth (0 - 18 years) and their families in York Region with high-quality mental health services. Here to Help Line is available from 2 pm to 7 pm - Mondays to Thursdays. | 905-503-9561

Children's Mental Health Ontario | www.cmho.org/covid19/

To help parents and caregivers get ready for another pandemic school year, Children's Mental Health Ontario (CMHO) has updated our School Mental Health Backpack. We want to empower families who are concerned about their child's mental health and help you find further mental health supports if you need them.

CAMH | www.camh.ca/

It is normal to be feeling increased levels of stress and anxiety due to the ongoing COVID-19 pandemic. As social gathering restrictions and economic shutdowns have remained in place far longer than anticipated, the activities and coping strategies you relied on to get through the past year may not be working as well as they used to. If you've been getting by but don't feel like things are getting better, there are tools and resources to tap into here.

Please visit the [Chai Lifeline Canada](#) website for more resources on mental health and COVID-19 for children, youth and families.