

RESOURCES FOR TEENS

EMERGENCY SAFETY RESOURCES

Services below are available 24/7 via phone, text or online chat in all provinces and territories. Both are free, anonymous and confidential.

- **Kids Help Phone:**

Counselling services for mental health, relationships, bullying and much more for those aged 5 to 20.

Phone: 1-800-668-6868

Text: text “CONNECT” to 686868

Chat: <https://kidshelpphone.ca/live-chat/>

- **Crisis Services Canada:**

Support for all ages for anyone thinking about, is or has been affected by suicide.

Phone: 1-866-996-0991

Text: 45645

ONLINE RESOURCES

- **E-couch** <https://ecouch.anu.edu.au>

A self-help interactive program with modules for depression, anxiety and worry, relationship breakdown, loss and grief and much more. It is free of charge and anonymous.

- **Mind Your Mind** www.mindyourmind.ca

A site for youth by youth that provides information, resources and tools to help youth manage stress, crisis and mental health issues. Youth share what they experience and what they know through this site.

- **Mood Gym** <https://moodgym.com.au/>

An interactive site that helps people to identify if they are having problems with emotions like anxiety and depression, and to learn skills that can help them cope with these emotions. It is available with a paid subscription.

- **SPARX** <https://www.sparx.org.nz/about>

An app that helps young people with mild to moderate depression. It is based on a type of ‘talk therapy’ called Cognitive Behavioural Therapy (CBT) that teaches skills about how to cope with negative thoughts and feelings by helping people to think in a more balanced and helpful way, and do things that are enjoyable or give a sense of achievement. It is available free-of-charge on the App Store and Google Play.

- **Mind Shift**

An app designed to help teens and young adults cope with anxiety. It can help change how people think about anxiety – rather than trying to avoid anxiety, making an important shift and facing it. This app is available free-of-charge on the App Store and Google Play.

- **Breathing Room** <https://breathingroom.me/>

An app available for \$4.99 through iTunes or Google Play. Designed for youth and young adults “who are feeling stressed, depressed, overwhelmed, or stuck”, it is supported by multiple not-for-profit organizations across Canada. There are 8 modules which each take about 2 to 3 hours which can be spread out over the week.

- **Head Space** <https://www.headspace.com>

A free mindfulness meditation app available through Apple or Google Play.

Additional Local Sources That I Recommend:

