

# THERE'S NO PROBLEM TOO BIG OR TOO SMALL to reach out and ask for help



We all have mental health  
and talking about things  
is one of the ways we can  
take care of it



## Here are some ideas to start the conversation:

"I have a tough situation;  
it's really bugging me...  
Can I talk to you about it?"

"I can't seem to get past  
the feelings I'm having.  
I wanted to reach out  
before things got worse."

**\*TIP:** You may find it  
easier to "break the ice"  
by reaching out in a  
letter or through text



## Where to go for help:

### In your school

Teachers \* Coach \* Guidance teacher

➔ Or, start here \_\_\_\_\_

### In your community

A faith leader \* An Elder \* Family doctor  
Social worker \* Psychologist

### In your personal life

Family \* Friends

It can be awkward asking for help, but you'll probably feel  
relieved after you do. **There are people around you who can help.**

## REACH OUT

### Kids Help Phone:

You can always speak with  
a counsellor, 24/7, by calling  
1-800-668-6868, texting  
**CONNECT** to **686868**.  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

For more information and student resources,  
visit School Mental Health Ontario  
[www.smho-smso.ca](http://www.smho-smso.ca)

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"I've been feeling \_\_\_\_\_  
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"I'm wondering if you can  
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