

I NEED HELP NOW

If you are:

- feeling desperate and hopeless
- alone with no one to talk to
- worried you might hurt yourself or someone else

If you have:

- made a plan
- the means to hurt yourself or someone else (e.g. pills or a weapon)
- attempted suicide or hurt yourself before

Call 911 or go to your local emergency department or call the mobile crisis at 519.744.1813

I NEED TO TALK TO SOMEONE

That's great that you have taken this first step and want to talk to someone. You are not in an emergency, but know that you are having a tough time and need to talk. Some of these are by phone, chatting or online. Some you can visit face to face. You can use as many of these services as you want.

KidsHelpPhone.ca 24/7 service on-line . chatting support on the weekends or by phone at **1.800.668.6868**

www.YourLifeCounts.org email support 24/7

Local mobile crisis line Waterloo Region: **519.744.1813** . 24/7 you can talk to someone

COUNSELLING: these are places where you can walk in and get one-on-one support, and talk to someone. No appointment necessary (18 and under)
Lutherwood 35 Dickson St Camb. Tuesdays 12 noon - 7:30 pm (last appt. 6:30)
Front Door 1770 King St Kit. Wednesdays 12 noon - 7:30 pm (last appt. 6:30)
Langs 1145 Concession Rd, Camb. Thursdays 10 am - 5:30 pm (last appt. 4:30)

Other Great Websites and Resources to help you out

www.MindYourMind.ca youth driven website from London . useful tools and info to manage stress and anxiety . great apps

www.twloha.com lots of youth like this site . you can blog here . helpful site if you are self harming

NeedHelpNow.ca great site on how to remove pictures . what to do when a picture has been posted about you

Woolwich Counselling Centre in Elmira offers a program for youth who self harm. The program is called S.A.F.E. (Self Abuse Finally Ends).

Woolwich Counselling Centre 65 Memorial Ave, Elmira **519.669.8651**

Crisis Respite Residential Need a place to go and feel safe for a few days? Call crisis respite. 16 and up . 24 hr counsellor . curfew . 6 beds **519.576.7431**



MOBILE APPS

Access Tools and Help Anywhere, Anytime

Always There mobile app by Kids Help Phone . the **Always There** app provides a password protected space for you to log your feelings, flip through a ton of youth-submitted tips, inspirational quotes, and jokes aimed at helping you cope with stress. You can access tip-sheets offline on a variety of emotional health topics and more. Finally, the app can also connect you directly with a Kids Help Phone counsellor over the phone, or through Live Chat. Log your feelings daily. Look for patterns as you fill in your feelings calendar.

Mind Your Mind mindyourmind.ca/toolbox/mobile-apps

1. Panic attack: Find out what you might experience and practical tips on how to get through a panic or anxiety attack.
2. Mindyourmood: Featuring 28 different moods, this tracker allows you to enter notes and flag them for later. Developed with YHP Canada.
3. Make a Wish: Use this app to get your stresses off your chest and articulate your dreams. Dream it then type it.
4. Reach Out: The famous Jeopardy style game featuring three categories 'Truth & Facts' . 'Pop Culture' . 'Signs & Symptoms'
5. Squishem: Annoying stress trogs are on the loose! Squish 'Em!
6. Boost Me: In a match 3 format, this game gives the user quick tips to promote confidence and self-esteem. Developed with WACHC.

On Line Tool: Icopeu offers fingertip access to reliable information, stress management and safety planning tools for students who are feeling overwhelmed. icopeu.com/demo/home.html

