



**Kids Help
Phone**

MakingHealthHappen.com

What is Kids Help Phone?

Kids Help Phone is a toll-free phone and Web counselling, referral and information service for children and youth.



Why is it important?

If you're a kid who has a problem and doesn't know where to turn, Kids Help Phone is for you. They have trained counsellors who won't tell anyone that you called or who you are (unless you're in danger or wish to endanger another). You can talk things through with them and get help for solving your problem.



What else should I be aware of?

The Kids Help Phone counsellor won't tell anybody who you are or why you called unless you tell them that someone has harmed you, is harming you or will harm you. By law, they must inform the police and/or child protection authorities if you've been hurt or are in danger, or you intend to harm another person.

What can I do?

- ✓ Call 1-800-668-6868 from any phone anytime, day or night. There's no such thing as a problem that's too big, too small, too unimportant, too embarrassing, too anything!



- ✓ Tell the counsellor your story. To help them understand your situation, the counsellor may ask you some questions. You don't have to tell them anything you don't want to, but the more you can share, the better.

- ✓ You can also contact a counsellor online at www.kidshelpphone.ca. It may take a few days for someone to reply, so call the toll-free number if you need help now.

- ✓ Learn more about the problems faced by kids by going to www.makinghealthhappen.com.



Visit MakingHealthHappen.com for an abundance of health and wellness resources.