



SUMMER WELLNESS GUIDE 2023- STUDENT EDITION



This guide has been created in collaboration with Youth S.P.A.C.E Student Leaders

The following resources are not intended as a substitute for the advice of a Trained Mental Health professional. *If you or someone you know is in a crisis situation, please call 310-COPE (1-855-310-COPE (2673) or proceed to your nearest emergency room or call 911*





Mental Health!

It's something we all have, yet sometimes it can be hard to talk about mental health and the challenges we may be facing. Many of the resources in this guide are free, private and confidential. If you or someone you know is experiencing a mental health challenge, we want you to know that help is out there.



[No Problem Too Big or Too Small: student help-seeking resource](#)

Sometimes it can feel like we have the weight of the world on our shoulders. This resource lets us know that there is no problem too big and help is available.

Some words from our students ...

“Be kind to yourself”

You matter, being kind to yourself through your self talk and actions is one way to stay well over summer and all year round...

- [Helplines & Chat lines- Free, private and confidential](#)
- [Virtual Supports and Walk-ins](#)
- [Summer Camps, Groups and More](#)
- [Helpful Apps](#)





YRDSB Mental Health

Helplines & Chat lines- Free, private and confidential

- [CMHA York Region and South Simcoe](#): **1-866-345-0183**

Monday to Friday from 8:30 a.m. to 4:30 p.m



- [YorkHills](#): **905-503-9561**

Here to Help phone line, Monday to Thursday from 2 –7 pm.



- [Naseeha](#): **1-866-627-3342**, Provides anonymous, non-judgmental, confidential and toll-free peer support to Muslim and non-muslims callers.



- [Hope for Wellness Helpline](#): **1-855-242-3310**, Offers immediate help to all Indigenous peoples across Canada. Available 24 hours a day, 7 days a week.

- [LGBT Youthline](#): **1-800-268-9688**, Confidential and non-judgmental peer support through telephone, text and chat services. Sunday to Friday, 4:00 PM to 9:30 PM.



- [Black Youth Helpline](#): **416-285-9944/1-833-294-8650**, Serves all youth and specifically responds to the need for a Black youth-specific service. Telephone, text and chat services. Sunday to Friday, 4:00 PM to 9:30 PM.



- [Good2Talk](#): Confidential support services for ages 17 to 25, Toll-free: 1-866-925-5454 or text GOODTOTALKON to 686868.



Kids Help Phone now offers free 24/7 wellness support for young people across Canada, over the phone (starting in English) in Ukrainian, Russian, Pashto, Dari, Mandarin and Arabic through an interpreter.

Call 1-800-668-6868 and press 3 to get support.

Kids Help Phone 



[Kids Help Phone](#)

1-800-668-6868, provides support for children and youth via [text](#), [phone](#), [live chat](#), [the always there app](#), and online resources. Available 24/7



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- [COVID-19 Helpline for South Asians](#): **647-846-2233**, Provides information about support services available to communities in **English, Hindi, Urdu, Tamil, Bangla and Punjabi**.
- [Mental health support: Get help](#): **1-866-585-0445** or text **WELLNESS** to **686868** for youth and **741741** for adults. Free and confidential mental health and substance use support is available 24 hours a day, 7 days a week from Wellness Together Canada.
- [What's Up Walk-in](#): **1-866-585-6486**, Telephone or video sessions Monday to Friday, 9 AM – 7 PM, Saturday 10 AM – 4 PM (last sessions at 3 PM).
- [Youthlink](#): **416-967-1773 ext 222**
Counseling hours vary. Visit the service provider website for additional information
- [408-HELP LINE](#): **416-408-4357**
Distress Centers of Greater Toronto, 24 hours a day, 7 days a week
- [Multilingual Distress Lines](#): **905-459-7777**
Monday to Friday - 10 am to 10 pm, Available in **English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu**.

Whenever you need to talk,
we're open.

-  [KidsHelpPhone.ca/Indigenous](https://www.kidshelpphone.ca/Indigenous)
-  Text 686868 (youth) or 741741 (adults)
-  Call 1-800-668-6868
-  Message at [Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone](https://www.facebook.com/CrisisTextLinepoweredbyKidsHelpPhone)

Indigenous people can connect with an Indigenous volunteer crisis responder when available by messaging **FIRST NATIONS, INUIT or METIS** over text or messenger.

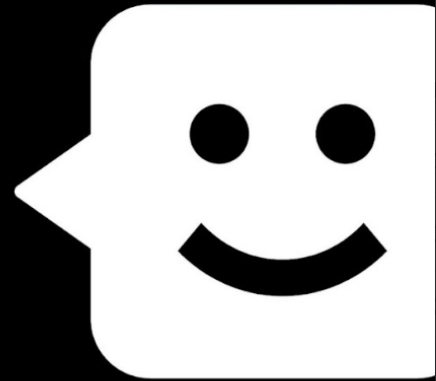


Kids Help Phone 



**Whenever you need to talk,
we're open.**

-  Text 686868 (youth) or 741741 (adults)
-  KidsHelpPhone.ca/Rise
-  Call 1-800-668-6868
-  Message at Facebook.com/
CrisisTextLinepoweredbyKidsHelpPhone



We're here for the Black community and all people of the Afro-diaspora. Connect with a crisis responder 24/7 by messaging RISE over text or Facebook Messenger

Kids Help Phone 

One Stop Talk: 1-855-416-8255

- Accessed through web chat or by calling
- Monday to Friday from 12PM to 8PM, and Saturday from 12PM to 4PM EST.
- Children and youth 18 years old and younger.
- Free counselling by registered and culturally diverse therapists who also connect to longer term local support.

Women's Support Network: 1- 800- 263- 6734

Staffed by trained volunteers and WSN staff

Operates 24 hours a day, 7 days a week, 365 days a year

Emotional support, information, resources, referrals, grounding techniques and more

Online and Text Chat: 647 694 2818

Wednesdays - Saturdays from 3-9PM

Staffed by trained volunteers and facilitators: emotional support, information, resources, referrals, grounding techniques and more



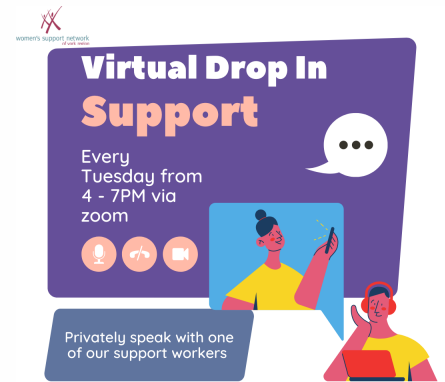


Virtual Supports and Walk-ins in York Region

[Family Services York Region](#), Virtual Walk-In is an opportunity for you to speak to a therapist the same day or the next day. Mondays, Tuesdays and Thursdays from 10 am to 5 pm (excluding holidays).



[Women's Support Network](#): Inclusive, and free Virtual Drop-In Support every Tuesday from 4-7 PM via zoom Virtual drop-in support is designed to support survivors and those at risk of sexual violence and/or human trafficking who are not currently receiving ongoing support or who are on waitlists to receive ongoing support.



[Join Zoom Meeting](#) Meeting ID: 852 6069 1867 Passcode: 483455 [Women's Support Network of York Region Events | Eventbrite](#)

[YSSN Single Session Counseling](#): Single Session Counseling. Visit the [YSSN](#) Calendar to register and learn more.

[360°kids "Let's Chat!" Virtual Walk-in Clinic](#): Brief Virtual Counseling Service is available to all young people, ages 13-26 years old who reside in York Region. View our [online calendar to book your virtual appointment](#) with a counselor. Alternatively, give us a call at 416-574-6372 for further information.



[Hong Fook Mental Health Association](#): Free single-session counseling service for young people ages 12 to 25 and their families. **Counseling can be offered in Cantonese, English, Korean, Mandarin, and Tagalog.** For more information please call 647-534-8493 or email counselling@hongfook.ca to schedule your phone or video counseling session.





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[MOBYSS](#): (Mobile York South Simcoe) Offers a safe space to talk to a medical or mental health professional in a warm, welcoming, friendly environment. They offer sexual health services among other services.

[YorkHills](#): Walk-in Counseling Clinic: Mondays and Tuesdays. 2 pm to 8 pm with the last appointment accepted at 6:30. Located at 10350 Yonge Street 4th Floor in Richmond Hill. Teens aged 12 and up may access this service independently. Contact 905.503.9560 for more information.



Helpful Apps



[MindShift](#): Mobile app from Anxiety Canada is designed to help teens and young adults cope with anxiety.

[Managing your stress and anxiety during COVID-19 mobile app](#)

The Managing Your Stress and Anxiety app provides tips and coping strategies to help manage your mental health during the COVID-19 pandemic. Available on both iOS and Android.

[Foundry](#) is a BC-based resource for teens and young adults that provides tip sheets, videos and quizzes on mental health.

Summer Camps, Groups and More

[Doane House Hospice](#): Free Children's Grief Art Therapy Camp: Imprints on our Hearts

- Wednesday July 12: Feeding Flowers: 9:00- 11:30 (Ages 6-9), 1:30- 4:00 (Ages 10- 12)
- Thursday July 13: Superheros: 9:00- 11:30 (Ages 6-9), 1:30- 4:00 (Ages 10- 12)
- Friday July 14: Wish Kite: 9:00- 11:30 (Ages 6-9), 1:30- 4:00 (Ages 10- 12)
- Please Register by calling Doane House Hospice at 905-967-0259 ext. 151 or



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email: kvalkanas@myhospice.ca

Yellow Brick House: Free: Let's Talk Program: Summer Camp Edition:

- July 24- July 28
- Ages 5- 12
- Psychoeducational Group for kids
- Interactive games & activities provided
- Topics include exploring emotions, safety planning and learning healthy coping skills
- Group Session for mothers afterwards
- Email: screening@yellowbrickhouse.or for more details

Virtual 4-H Camp: The youth development organization has put together a [virtual 4-H camp](#) offering various activities for children in grades pre-K through 12.

Recreation Subsidies: York Region offers subsidies for recreation programs, day camps and youth overnight camps.

Newcomers' Health and Well-Being: Provides mental health and primary care services to newcomers 12 years of age or older in York Region and South Simcoe who have physical and mental health concerns.

Youth Wellness: Supportive counseling services for youth in the areas of York Region and South Simcoe. This service is provided in person or virtually. Individuals may self-refer through the Central Intake department 1-866-345-0183 ext. 3321)

York Region Libraries and Resource Centres: Libraries and Resource Centres house a wide variety of programs and health information resources.

- [Moksha Canada Foundation: Free Youth Connections Café](#), Mental health and wellness supports and resources to all youth, especially newcomers and racialized youth (16-24 years) in the York Region and all GTA.
- [Fuerza Latina Service Youth Mentoring Program](#): Youth Leadership Program aims to expand our participants' capacity to perform in leadership roles by improving their skills, abilities and confidence.



YRDSB Mental Health

- [York Region Event listings calendar](#): Things to do in York Region and the surrounding area this summer

[Explore and Learn: Mental Health Information and Resources](#)

- [No Problem Too Big Or Too Small](#): A help-seeking resource for students.
- ["12 Instant Stress Busters" with Kids Help Phone](#):
- [Kids Help Phone](#)
- [Free Mental Health Counseling](#)

Looking for more resources? Visit our [Full Guide](#)