

Free mental health support for K-12 students and teachers in Saskatchewan

Kids Help Phone is here 24/7 to support students with any issue on their mind, big or small.

Please share our contact information with your students:

Kids Help Phone 

 [KidsHelpPhone.ca](https://www.kidshelpphone.ca)

 Call 1-800-668-6868

 Text TALK to 686868

 Message at [Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone](https://www.facebook.com/CrisisTextLinepoweredbyKidsHelpPhone)

 Talk with other youth at [KidsHelpPhone.ca/PeerToPeer](https://www.kidshelpphone.ca/PeerToPeer)

Searching for support? You can text us too. Adults can text **WELLNESS** to 741741.

Bookmark these articles, tools and tips to help you support the young people in your life. Click on an image to explore!



How to have an open conversation with a young person



Resources for caring adults



Supporting the young people in your life during COVID-19



What to do when a young person confides in you



Download, print and share mental health materials



Resources Around Me: Find support across Canada

Kids Help Phone 

Saskatchewan! 