

# Free mental health support for K-12 students and parents/caregivers in Saskatchewan

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

Here's how the young people in your life can get in touch with us:

**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



7 ways to build authentic connections with teens



Download, print and share mental health materials



Resources Around Me: Find support across Canada

**Kids Help Phone** 

*Saskatchewan!* 