

Free mental health support for K-12 students in Saskatchewan

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

Here's how you can get in touch with us:

Kids Help Phone 

 KidsHelpPhone.ca

 Call 1-800-668-6868

 Text TALK to 686868

 Message at Facebook.com/
CrisisTextLinepoweredbyKidsHelpPhone

 Talk with other youth at KidsHelpPhone.ca/
PeerToPeer

There's a wide variety of mental health tips, tools and support available at [KidsHelpPhone.ca](https://www.kidshelpphone.ca).
Click on an image to explore!



Not sure where to start?



Want to talk to your peers?
Check out these support forums.



We're here for you during
COVID-19



I've experienced racism —
where can I find support?



Video: Real kids talk about
coping with anxiety



Kids Help Phone's Wheel of
Well-Being

Kids Help Phone 

Saskatchewan 