



# Finding my circle of support sample worksheet

## My safe and supportive people are...

My family, my friends, a faith or cultural leader, an Elder, my family doctor, my teacher, a coach, my guidance counsellor, an administrator, any caring staff person in my school

## To start the conversation, I could say...

"Something has been bothering me. Can you help me find someone to talk to about it?"

"I've been feeling \_\_\_\_\_ lately. Can I talk to you about it?"

"Do you have some time to meet with me? I have a problem I'd like some help with."

## My school supports are...

Guidance counsellors, student success teacher, child and youth counsellors, chaplaincy leader, social work, psychology, mental health support workers, mental health and addiction nurses...

## Our school process is...

- Let a caring adult at school know I would like to speak to a school mental health staff
- My parent/guardian can contact a school administrator to ask about available supports

## My community supports/resources are...

- Kids Help Phone at 1-800-668-6868, text CONNECT to 686868, or use their evening Live Chat Option ([Live Chat counselling](#) – Kids Help Phone)
- [Resources Around Me](#) (free or low-cost services near me)
- [Find a Children's Mental Health Centre in your community](#) (I don't need a doctor referral or OHIP card to access services)
- The free [Be Safe App](#)

## Our community process is...

- Call the intake number for local services
- Ask my parent/guardian to help me connect
- Ask my family doctor to make a referral
- Ask a caring adult at school to help me connect

## My emergency supports are...

- An adult I trust who is available right now
- Kids Help Phone at 1-800-668-6868 or text CONNECT to 686868
- First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310
- Black Youth Helpline at 416-285-9944 or toll-free 1-833-294-8650
- LGBT YouthLine + text 647-694-4275
- Trans Lifeline 877-330-6366
- The emergency room of my local hospital
- 9-1-1

**Tip:** Some phone lines are open 24/7 and some have certain hours. Check out the one you prefer.

## Our emergency process is...

- Connect with support **right away** by calling, texting, or visiting services in person
- Ask a caring adult to help me connect
- Make sure I am not alone (by connecting with someone face-to-face or by phone/text)
- I can call a helpline and they can connect me with other services they think will be helpful
- If I call 9-1-1, I can request that a trained mental health professional who understands my culture be sent

**Note:** emergency supports are for when I need help right away (e.g., someone is unsafe; there is risk of suicide or some other immediate risk of harm to me or someone else). If I am not sure if it is an emergency and need to talk through the situation, I can contact Kids Help Phone at 1-800-668-6868 or text CONNECT to 686868, or call Telehealth Ontario at 1-866-797-0000.

Things to remember:

- Reach out! Your problems don't have to be big to talk to someone about them.
- Many factors influence the kind of support needed (e.g., your concern, your preferences, service availability, and so on). Everyone is unique and finding the right fit is important. Keep trying!
- Feeling better can take time. It's a process – stick with it! Your wellness is worth it.
- Many school boards don't require students to be 18 years of age to consent to mental health services. Ask a caring adult what the practice is at your school.

For more ideas to help you find your circle of support, check out these resources:

- Reaching Out: [Help-seeking resource showcasing conversation starters](#) (smho-smso.ca)
- [Self-Care 101](#) (smho-smso.ca)





# Finding my circle of support

## worksheet

<p><b>My safe and supportive people are...</b></p>	
<p><b>To start the conversation, I could say...</b></p>	
<p><b>My school supports are...</b></p>	<p><b>Our school process is...</b></p>
<p><b>My community supports/resources are...</b></p>	<p><b>Our community process is...</b></p>
<p><b>My emergency supports are...</b></p>	<p><b>Our emergency process is...</b></p>

**“I deserve help, my feelings matter, I don’t have to carry this alone...”**

