

The People, Places, and  
Things that Support Me  
When I Need It

# MY CIRCLE OF SUPPORT

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"I **deserve** help,  
my feelings  
**matter**, I don't  
have to carry  
this alone..."

## Support from people

Safe and supportive people care about me and want to support my mental health and well-being.

They might be family, friends, a faith or cultural leader, an Elder, a family doctor, a teacher, a coach, a guidance counsellor, an administrator, or any other caring staff person at school.

**My safe and supportive people are...**

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## Support in school

There are supports in school, like guidance counsellors, student success teachers, child and youth counsellors, chaplaincy leaders, social workers, psychology staff, mental health support workers, or mental health and addiction nurses.

**The supports in my school are...**

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## Support in community

There are supports in my community. I can find them through Children's Mental Health Ontario ([cmho.org/findhelp](http://cmho.org/findhelp)) or Kids Help Phone ([kidshelpphone.ca/resources-around-me](http://kidshelpphone.ca/resources-around-me)) or I can ask my family doctor / community walk-in clinic or wellness hub.

**The supports in my community are...**

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## Start the conversation

There are lots of ways to start the conversation:

"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?"

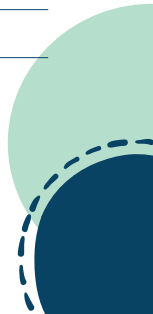
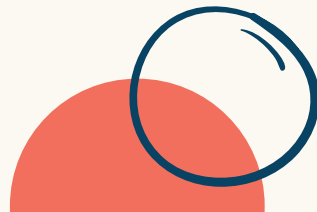
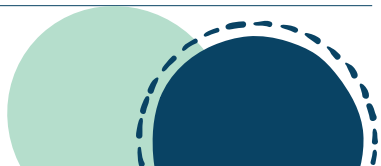
"Do you have some time to meet with me? I have a problem I'd like some help with."

To start the conversation, I could say...

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## Where to go for help?

There are phone lines I can call for **regular support** or in an **emergency**, such as:

- **Kids Help Phone** (1-800-668-6868 or text CONNECT to 686868)
- **First Nations and Inuit Hope for Wellness Help Line** (1-855-242-3310)
- **Black Youth Helpline** (416-285-9944 or toll-free 1-833-294-8650)
- **LGBT YouthLine** (text 647-694-4275)
- **Trans Lifeline** (877-330-6366)

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

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Additional emergency supports include:

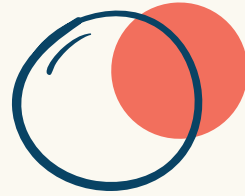
- An adult I trust who is available right now
- The emergency room of my local hospital
- Calling 9-1-1 for an ambulance (I can request a mental health professional be sent who understands my culture)

**My phone lines and emergency supports are...**

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**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'm not sure it's an emergency, I can contact Kids Help Phone (1-800-668-6868 or text CONNECT to 686868), or call Telehealth Ontario (1-866-797-0000) to talk through the situation. Both are **free** and available **24 hours a day**.

## Strategies to support mental health

I can use coping strategies to support my mental health, such as deep breathing, listening to music, writing in a journal, going for a walk, or talking to a friend.

I can find more ideas on Instagram **@ThriveSMH** (School Mental Health Ontario's Student Group).

**My go-to strategies for good mental health are...**

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## Reminders...

**Problems don't have to be big to talk to someone about them.**

**Finding the right fit is important. If the first support doesn't click, keep trying!**

**Feeling better can take time. It's a process – stick with it! Your wellness is worth it.**

