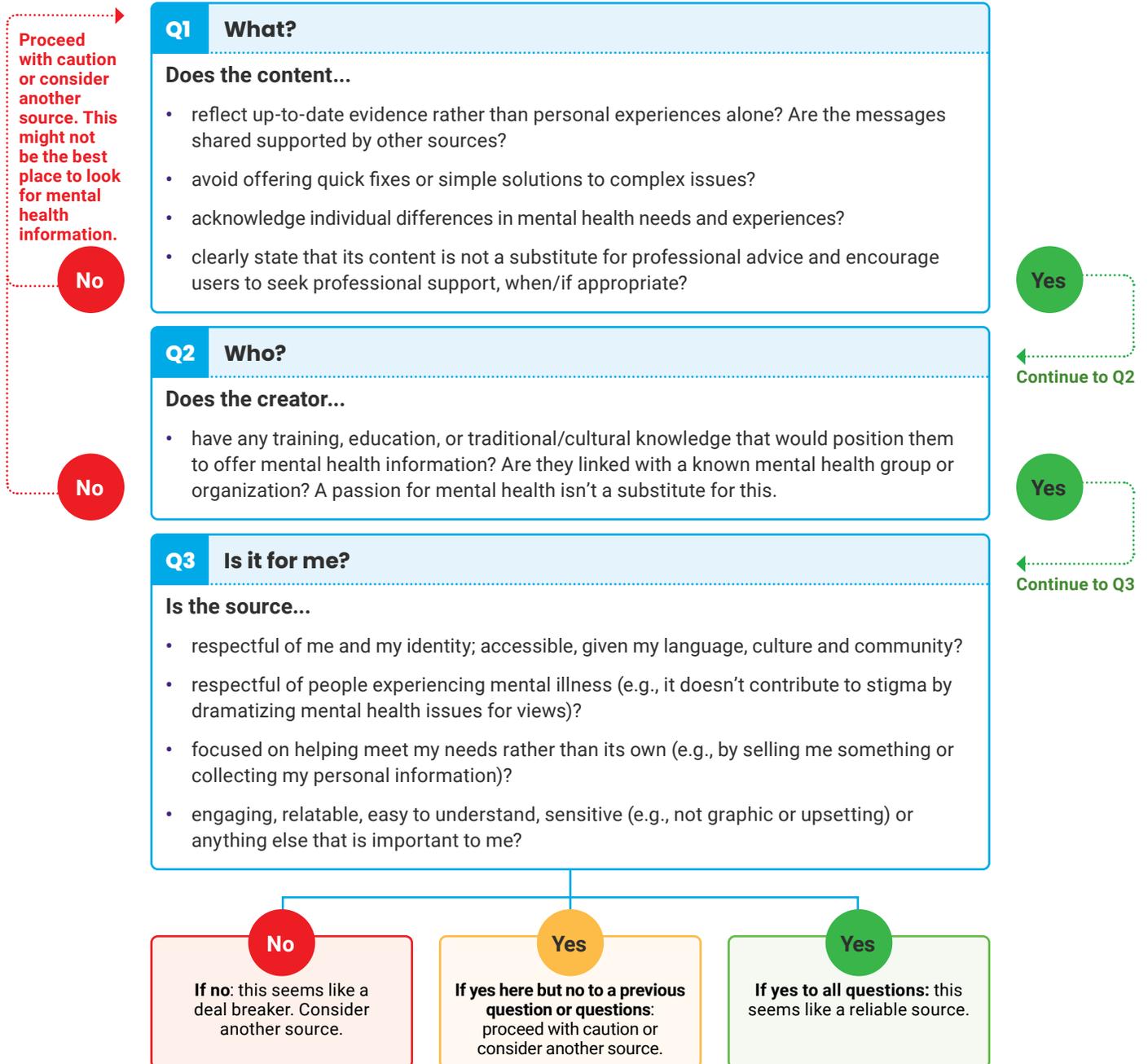


The goal of this tool is to help you find online sources of information that you can rely on to support your mental health and manage mental health problems, should you need to. This is different from when you may be looking for inspiration, entertainment or social connection/people who share your interests. There are additional ways to get reliable information, too, like connecting with people, resources and services in your school and community.



Remember: your mental health journey is unique and there are a variety of supports you can draw on!

