

## Does Your Child, or a Child You Know, Need Support? The Kids Help Phone Is Available

Kids Help Phone provides millions of youth a safe, trusted space to get support through phone or text, and access self-directed tools in any moment of crisis or need.

Kids Help Phone is Canada's only 24/7 e-mental health service that offers free, confidential support to young people.

**Phone:** Free professional counsellors are available, who recognize the strengths of young people by helping them find solutions to their own struggles and take steps towards resolving their own challenges.

1 800 668-6868 press 3

[KidsHelpPhone.ca](https://www.kidshelpphone.ca)

**Text:** Volunteer Crisis Responders provide real time support, listening and supporting young people to find their own approach to a cooler calm through text. First Nations youth and adults can connect with an Indigenous Crisis Responder, when available, by texting the words FIRSTNATIONS.

Youth text: 686868      Adults text: 741741

**Website:** Kids Help Phone's website offers support to young people by providing content (both youth-facing and adult-facing) on various topics affecting young people and information on our services.

[KidsHelpPhone.ca/Indigenous](https://www.kidshelpphone.ca/Indigenous) (for youth)

[KidsHelpPhone.ca/FindingHope](https://www.kidshelpphone.ca/FindingHope) (for supporters)

**Resources Around Me:** Kids Help Phone maintains an online database of mental health and support resources for youth across Canada. With over 20,000 community services, this database allows counsellors and crisis responders to provide timely and accurate referrals and can filter for First Nations resources.

[KidsHelpPhone.ca/ResourcesAroundMe](https://www.kidshelpphone.ca/ResourcesAroundMe)

**Brighter Days:** A virtually delivered Indigenous Wellness Program that gently introduces Indigenous youth (ages 6 – 29) to Kids Help Phone services, and provides an opportunity for youth to engage virtually with a Kids Help Phone Indigenous Wellness Specialist in a culturally safe and fun conversation. After an introductory session, participating groups have the option of hosting additional sessions focused on wellness topics such as managing anxiety, self-care and more.

#### Who is eligible for the program?

Any group of at least 5 Indigenous youth (school classes, community programs, etc.) age 6 – 29 (grade 1 to post-secondary). Session length varies by age: ages 6 – 10 have two, 30-minute sessions; ages 11 – 29 have one, 50-minute session. Indigenous youth can register individually to participate in a group with other youth by choosing “register individually” on the registration page. There is no cost for participation.

[KidsHelpPhone.ca/BrighterDays](https://KidsHelpPhone.ca/BrighterDays)

#### What is required?

1. Register for sessions at [KidsHelpPhone.ca/BrighterDays](https://KidsHelpPhone.ca/BrighterDays)
2. Speak with the Indigenous Wellness Specialist ahead of the session
3. Play the provided introductory video featuring an Indigenous influencer
4. Connect by video or audio at the selected time and date for the session
5. Distribute the provided gifts, promotional materials, and evaluation forms after the session

## Volunteer Opportunities For Interested Youth

**Weaving Threads Indigenous Engagement Program** is a network of volunteer Champions and Ambassadors (ages 15 and older) who connect youth to resources and critical supports including Kids Help Phone.

#### Weaving Threads Champions:

- ▶ Support the inclusion of community resources in Resources Around Me
- ▶ Build awareness of resources available to youth, including the Kids Help Phone
- ▶ Provide input on Kids Help Phone’s programs, services and initiatives
- ▶ Connect with Kids Help Phone in times of community crisis
- ▶ Engage with youth in a Kids Help Phone Peer-to-Peer Community (youth only)

#### Weaving Threads Ambassadors:

- ▶ Fulfill the responsibilities of Champions, plus ...
- ▶ Attend information booths
- ▶ Represent Kids Help Phone in the media (18 years old and over)
- ▶ Give community presentations on behalf of Kids Help Phone

See [KidsHelpPhone.ca/WeavingThreads](https://KidsHelpPhone.ca/WeavingThreads)