

# Minds Matter @ KPR

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## Mental Health Resources for Children and Teens

Looking for mental health resources for children and teens? Here are some great sources of free information and advice.

**Kids Help Phone** - 1-800-668-6868 or online at [www.kidshelpphone.ca](http://www.kidshelpphone.ca) – offers phone and web counselling for youth up to age 20. It's free, confidential, anonymous and available 24 hours a day, 7 days a week. The website includes information on a variety of topics, surveys, games and workbooks. The Always There app, introduced by Kids Help Phone for free

download to iPhone, Android and Blackberry devices, provides password-protected space for kids to log their feelings, share tips, and access information. It also allows them to connect with a Kids Help Phone counsellor over the phone, or through Live Chat.

**BroTalk** - Kids Help Phone introduced BroTalk – online and telephone-based support and counselling specifically for teen males – at [www.brotalk.ca](http://www.brotalk.ca) or 1-866-393-5933.

**Mind Your Mind** – The [www.mindyourmind.ca](http://www.mindyourmind.ca) website gives youth & young adults resources and interactive tools for mental health help, and focuses on reducing the stigma associated with mental illness. It has interactive tools to help young people cope and de-stress, including the Mind Your Mood app, [www.mindyourmind.ca/interactives](http://www.mindyourmind.ca/interactives).



**BeSafe app** – A free app to help youth connect with mental health and addiction resources, BeSafe is available for free download to any Apple or Android mobile device province-wide, from [www.mindyourmind.besafe](http://www.mindyourmind.besafe) . It also lists community-specific agencies and resources available for youth in Durham Region and Quinte West.

**Teenmentalhealth.org** offers helpful information and resources, including a section for youth who want to know how to support friends undergoing mental health issues.

**Kidsmentalhealth.ca** has a wealth of online resources for children, youth, families, teachers and mental health professionals. The website is maintained by Children's Mental Health Ontario.

If you are concerned about your child's or teen's mental health, please speak with the teacher, principal or vice-principal, and your family doctor.

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**Next month's Minds Matter @ KPR article will look at ways to build resilience in your children, to help them bounce back more easily from problems and disappointments.**