

MENTAL HEALTH RESOURCES

FOREST HILL COLLEGIATE INSTITUTE

A quick guide to where students and their families can find the supports they need



For all emergencies or suspected emergencies please call 9-1-1



24/7/365 anonymous youth hotline

If there are longer than normal wait times anonymously text "CONNECT" to 686868

Live chat with a trained agent at kidshelpphone.ca



416-408-HELP (4357)

24/7/365 anonymous hotline for all ages

Visit online at torontodistresscentre.com



Free **Walk-in-Clinic** for anonymous individual or family counselling services.

Young & Eglinton (40 Orchard View Blvd #120)



Free **Walk-in-Clinic** for anonymous individual or family counselling services.

Dufferin & Eglinton (2010 Eglinton Ave. West Suite 300)



Guidance Office **416-393-1860 ext 20040**

drop-in any time to talk to a guidance counsellor

We can also refer you to our :

Child and Youth Worker (available 3 days per week)

School Social Worker (available once per week)

Mental Health and Addictions Nurse (available as needed)

Vice Principals

Drop in any time to talk to a Vice Principal



Teachers here at FHCI care about you and are here to help you, guide you, and support you.

** NOTE * Discussions with caring adults in our school may be confidential, however if they believe you are in danger, they have a duty to report in order to help keep you safe.*