

# HELPFUL RESOURCES

## Speak to professionals you trust:

- Guidance Counsellor/Teacher
- School Psychology Staff
- Child and Youth Worker/  
Child and Youth Counsellor
- School Social Worker
- Family doctor
- Community counsellor

## Numbers and Clinics



- MHTO (Mental Health T.O) Call 1-866-585-6486
- Kids help phone: text 'connect' to 686868 or call 1-800-668-6868
- Telehealth Ontario: 1-866-797-0000
- Distress Centres Of Greater Toronto: 416-408-4357 OR text: 45645 (24/7 support)
- What's Up Walk-In Counselling Services: [www.whatsupwalkin.ca](http://www.whatsupwalkin.ca)
- Drop in Youth Counselling (ages 13-29): 501 Oakwood Ave. 647-798-0441
- East Metro Youth Services Walk-in Counselling: 1871 Danforth Ave. 416-690-1888
- Call 211 or text 21186 for community supports (food banks, housing etc.)

## Free Websites and Apps

### • Websites:

- [Anxietycanada.com](http://Anxietycanada.com)
- <https://kidshelpphone.ca/get-info/anti-black-racism-support-for-black-people-and-allies/>



# COPING TOOLS & STRATEGIES

- REACH OUT TO A CAREGIVER, TEACHER OR FRIEND
- LISTEN TO MUSIC, EXERCISE, DANCE, CREATE ART OR MUSIC
- PROBLEM SOLVING (CBT)
- PRAYING/CONNECTING WITH SPIRITUAL LEADER
- MINDFULNESS
- BREATHING EXERCISES
- PROGRESSIVE MUSCLE RELAXATION
- VISUALIZATION
- POSITIVE SELF-TALK
- JOURNALING



## WHAT WILL HELP ME HAVE A SUCCESSFUL SCHOOL DAY?

- SET A DAILY SCHEDULE
- SCHEDULE IN TIMES FOR STUDYING/ASSIGNMENTS AND CROSS OFF COMPLETED TASKS
- GIVE YOURSELF SOME TIME OFF - BREAKS ARE NECESSARY!
- PRACTICE, PRACTICE, PRACTICE IS THE ONLY WAY TO MAKE A ROUTINE STICK

- STAY PHYSICALLY ACTIVE
- LIMIT SCREEN TIME BEFORE BED
- MAKE TIME TO CONNECT WITH FRIENDS OR OTHER SOCIAL SUPPORTS
- SPEAK UP FOR YOURSELF AT SCHOOL AND HOME
- BE KIND TO YOURSELF. DON'T WORRY IF YOUR DAY DOESN'T GO AS PLANNED



## HOW TO IMPROVE MY SLEEP

If I still have trouble sleeping...