

# 24/7, free & confidential mental health and wellness support for those affected by wildfires



Kids Help Phone is available 24/7 for people experiencing the impacts of extreme weather. Our free e-mental health services are open to support people across Canada.

FOR YOUTH

Text 686868 to connect with a trained, volunteer crisis responder

Call 1-800-668-6868 (using a landline, cellphone or VoIP service on a computer) to speak with a professional counsellor

Engage with other young people about what's on your mind at [KidsHelpPhone.ca/PeerToPeer](https://www.kidshelpphone.ca/PeerToPeer)

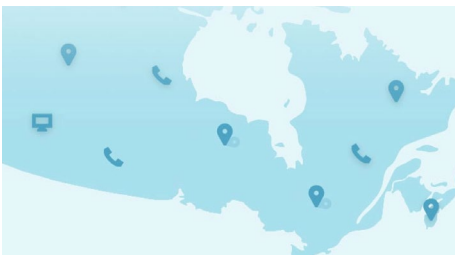
FOR ADULTS

Text 741741 to connect with a trained, volunteer crisis responder

To access mental health and substance use support, visit [WellnessTogether.ca](https://www.wellnesstogether.ca)

For mental health tips, resources and support, you can visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca).

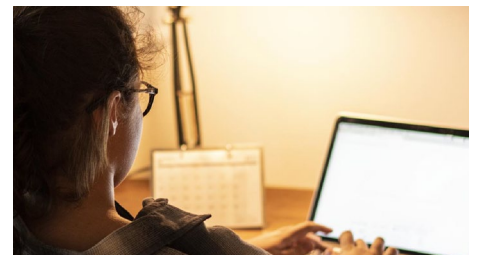
You can also click on the images below to explore information, self-guided tools and community supports in Canada. Because you're not alone.



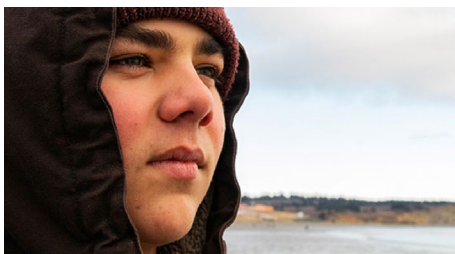
Resources Around Me



Coping with tragedy



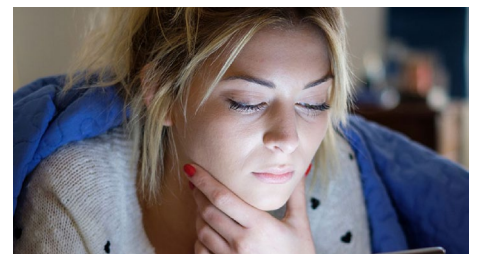
How to cope with upsetting news stories



Climate change: 5 tips to get support and take action



What is mindfulness, and how can I practise it?



Mental health resources for current issues, news & events