



# Wellness & Learning Initiatives

## Supports

Available



The Wellness and Learning Initiatives have a variety of resources of support to increase awareness and promote change.

If you require additional support professionals are available to help.

### PROFESSIONAL SUPPORT

**keep.meSAFE** Student Support Program at  
1-844-451-9700 (North America)  
1-416-380-6587 (outside North America)

Kids Help Phone at 1-800-668-6868 or  
texting CONNECT to 686868

Mental Health TO at 1866-585-6486

Assaulted Women's Helpline at 1-866-863-0511 or  
text #SAFE (#7233)

Black Youth Helpline at 1-833-294-8650

Indigenous Youth Helpline – Hope for Wellness at 1-855-242-3310

Muslim Youth Helpline at 1866-627-3342

Lesbian Gay Bi Trans Youth Line at 1-800-268-9688 or  
text 647-694-4275

### CRISIS SUPPORT

In Canada:

Crisis Services Canada at 1-833-456-4566

In the US:

National Suicide Prevention Lifeline at 1-800-273-8255

In the UK and Ireland:

Call Samaritans UK at 116 123

TEXT Crisis Textline Ireland: 50808

Text 3TS to 50808 to begin the conversation.

In Australia:

Call Lifeline at 13 11 14

Global List of Crisis Lines searchable by location:

[www.yourlifecounts.org/find-help/](http://www.yourlifecounts.org/find-help/)

International Suicide Hotlines:

[www.suicide.org/international-suicide-hotlines.html](http://www.suicide.org/international-suicide-hotlines.html)