Access For Self-Help

CANADIAN RED CROSS

cybertip!ca ALERTS

ADOLESCENT MENTAL HEALTH TRENDS ARE MOVING IN THE WRONG DIRECTION.

Youth who have strong connections to school and family are less likely to experience poor mental health.

cdc.gov/healthyyouth

iRecover ADDICTION TREATMENT CENTERS

Here2Talk

student mental health canada

inside families traumatic basic also includes
issues loss painful red therapy tips suffered website chat
fathers identification concerns uniut assists assistance
food emergency/transitional mitigation
items emotions child government cyber shared anxiety mental crisis
domestic hope education stage images
personal ptsd family end-of-life
teens wellbeing counseling grief help/support alongside abuse identify
lines cross peace nations use helps aid
youth two reduce attachment providing
wellness help ways victimization along
programs anger cyberbullying support inc
online canadian tip concerned called
second individuals managing counter
relationship disability self-help
group parenting
management luring
bereavement prevention
disorders awareness means program
stress aims recovery inuit cybertip
intimate including housing services life
public specializing self-help
parents depression acts eating
shelter needs properly complex technology provide health
aswell single intervention first dedicated indicates
events include coping survivors

◄ Place for free wifi for better access the webpage

► *how to scan QR code:

Iphone
1. Open camera app
2. Point your Iphone towards the QR code until website pops-up
3. If nothing shows, go into camera configuration in settings to allow 'Scan QR Codes'

Android
1. Open camera app
2. Point your Iphone towards the QR code until website pops-up
If it doesn't work
1. Download an QR code scanner app through Google store
2. Open the app and go through step 1-2.