

MENTAL HEALTH AND SUBSTANCE USE COMMUNITY RESOURCES

MENTAL HEALTH RESOURCES

- [Kids Help Phone](https://www.kidshelp.com) 1-800-668-6868
- [York Support Services Network Crisis Line](https://www.yorkregion.ca/crisis): 1-855-310-COPE
- Connect with your Principal or teacher for support
- [School Mental Health Ontario](https://www.schoolmentalhealth.org)
- [Canadian Public Health Association](https://www.cpha.ca): 1-866-531-2600 (Mental Health Helpline)

SUBSTANCE USE RESOURCES

- [Addiction Services for York Region \(ASYR\)](https://www.addiction.ca): 1-800-263-2288
- [Connex Ontario](https://www.connex.ca): 1-800-565-8603
- [Centre For Addiction and Mental Health](https://www.addiction.ca)
- [Sunnybrook Family Navigation Project](https://www.sunnybrook.ca): 1800-380-9367
- [York Hills Here to Help Phone Line](https://www.yorkregion.ca)- 905-503-9561
- [Bounce Back for Youth](https://www.bounceback.ca)
- [Talking to Youth and Children about Cannabis](https://www.talkingtoyouth.ca)
- [Drug Free Kids Canada](https://www.drugfreekids.ca)
- [Tobacco Youth and Vaping](https://www.tobaccoyouth.ca)

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca

