

Here for you during COVID-19

Whenever you need to talk, we're open.



 Call 1-800-668-6868

 Text 686868

Kids Help Phone 

We're here for you during COVID-19 (novel coronavirus)

Kids Help Phone knows the news has been dominated by some [triggering headlines](#) lately. We also know that COVID-19 — a novel coronavirus (a.k.a. new virus) affecting people in Canada and across the world — is something that may be on your mind and on the minds of young people in your life.

Where can young people reach out for support?

Kids Help Phone is always here. Because we're an [e-mental health service](#), it's good to know they can contact us 24/7 from anywhere in Canada, via [phone](#) or [text](#).

What other trustworthy resources are available?

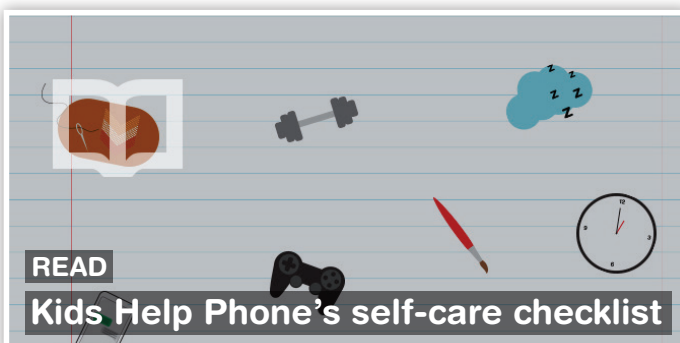
We also want to share some resources that may be helpful during this time. You can browse below.



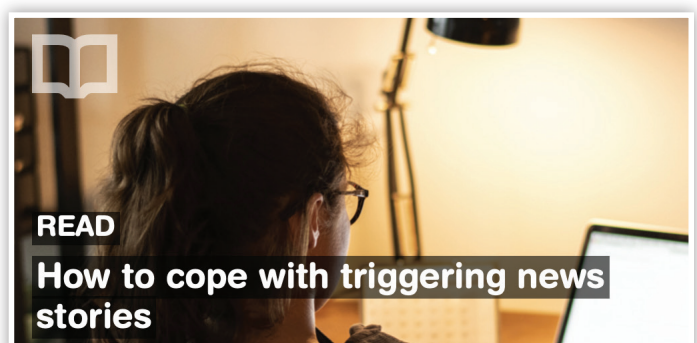
kidshelpphone.ca/get-info/breathing-balloon/



kidshelpphone.ca/get-info/how-cope-panic-and-anxiety/



kidshelpphone.ca/get-info/kids-help-phones-self-care-checklist/



kidshelpphone.ca/get-info/how-to-cope-with-triggering-news-stories/

For more information and resources, visit:

kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/