



Your School. Your Voice.

What's the vibe at your school?

I HAVE A VOICE

HEAR SOMETHING

SEE SOMETHING

DO SOMETHING

I AM USING MY VOICE

You don't have to go far – Speak to your **School Guidance Counsellor, Psychologist, Social Worker, Support Counsellor, or other Trusted Adult**

Wellkin Child & Youth Mental Wellness

- 24/7 crisis support
- 1-877-539-0463
- wellkin.ca

Mental Health and Addictions Crisis Services

- Call Reach Out at 519-433-2023 or 1-866-933-2023
- Web chat at reachout247.ca

Kids Help Phone

- Call 1-800-668-6868
- Text CONNECT to 686868
- Web chat at kidshelpphone.ca

TVDSB Cares

- TVDSB Cares online Anonymous Reporting System

For a list of additional supports and contact information please visit:
tvdsb.ca/YourSchoolYourVoice

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