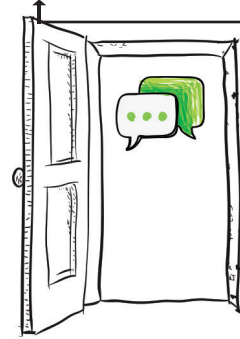
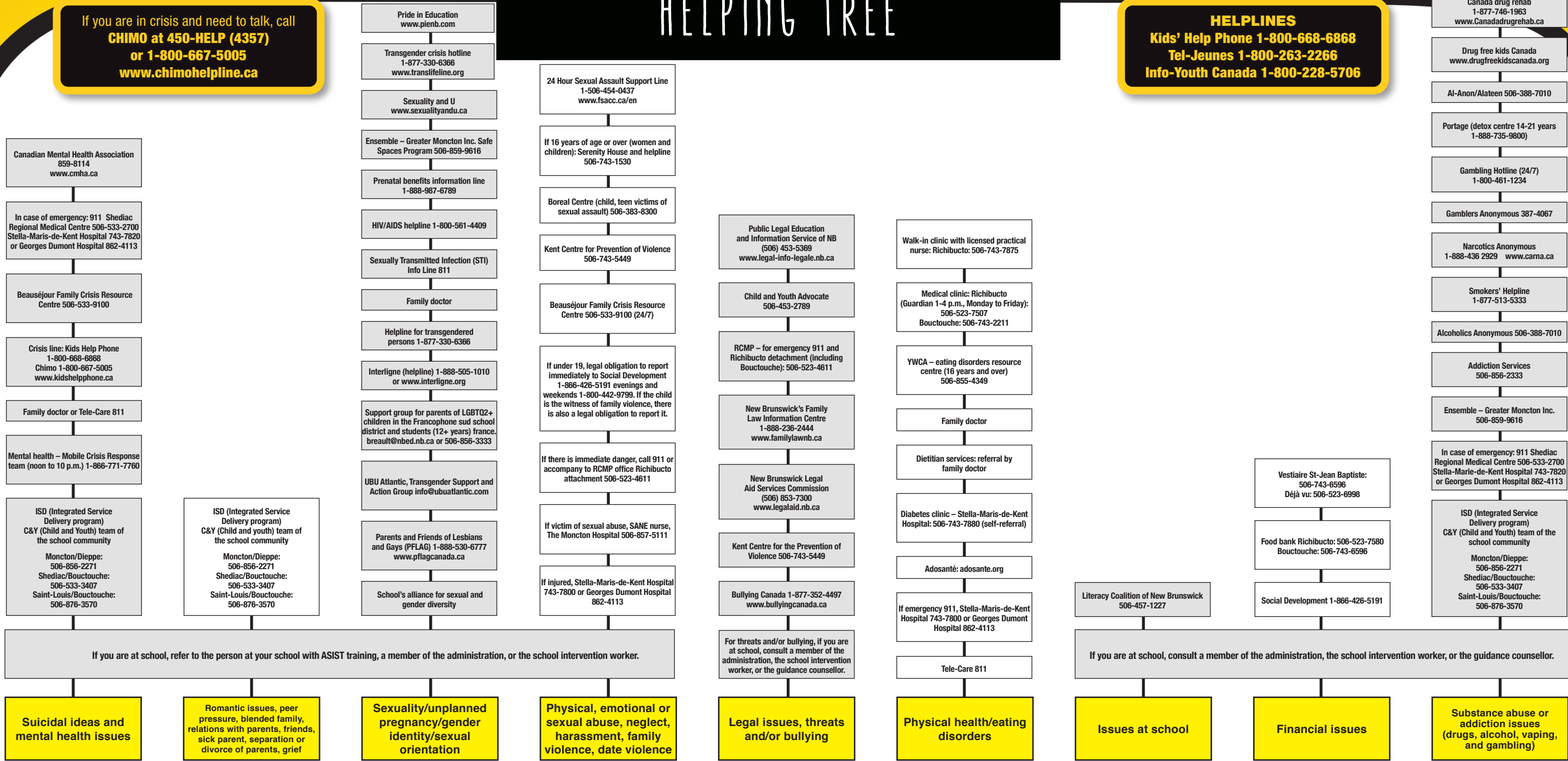


HELPING TREE

If you are in crisis and need to talk, call **CHIMO at 450-HELP (4357) or 1-800-667-5005** www.chimohelpline.ca

HELPLINES
Kids' Help Phone 1-800-668-6868
Tel-Jeunes 1-800-263-2266
Info-Youth Canada 1-800-228-5706



1 Take a look at the yellow boxes at the bottom of the Helping Tree and identify the issue that concerns you.

Identify the issue, then the resource.
 In your school, information and support are available from a guidance counsellor, teacher, principal, social worker, or a member of the Child and Youth Development Team.

2 Once you've identified the issue, look at the support services listed for each (white boxes) and find the one that feels right for you.



START HERE

Kent