

We know these days are not easy but please know we are all in this together. There are resources and people available to help us and to support our mental health and well-being.

**SRCE Teachers, School Administrators, Guidance Counsellors, School Psychologists, SchoolsPlus Staff** may be contacted by email.

Access this link for the [2020-2021 School Directory](#).

Access this link for [SchoolsPlus staff contact information](#).

### **Kids Help Phone 24/7**

1-800-668-6868 (toll free)

Youth: text TALK to 686868

Adults text WELLNESS to 741741

### **Mental Health Crisis Line 24/7**

1-888-429-8167 (toll free)

Available to anyone experiencing a mental health or addictions crisis, or someone concerned about them.

**Click on the following links to access the resource:**

[Talking to Children About COVID-19](#)

[COVID-19: Mental Health and Well-being Provincial Resources](#)

[Talking to Children About Violence](#)

[SRCE Mental Health Resources and Supports Quick Reference Guide](#)