

Having a hard time adjusting to life in Canada?  
Feeling lonely or experiencing bullying?  
We all need support at one time or another.

You can now call Kids Help Phone in Arabic through an interpreter whenever you need to talk to someone you can trust. You can call us for free from anywhere in Canada for private support — any time, day or night. We believe you should feel heard and safe sharing what’s on your mind so we can work together on the next steps you want for yourself.

### Our professional counsellors...

- listen to you
- help you express yourself and your feelings
- help you see a problem more clearly and come up with ways to handle it
- won't judge you and will respect your privacy
- can refer you to helpful resources and community services where you live
- know a lot about many different issues that young people face

### Important things to know

- You never have to give us your name or any other identifying information (like your legal status, name of your school or your phone number)
- We don't trace calls
- You don't need your parents/caregivers' permission — and we won't tell them you called
- The Arabic-speaking interpreters are trained to understand and translate what you said accurately
- You don't have to have an emergency to get in touch — you can contact us for any reason

### What happens when I call?

**1** Call 1-800-668-6868

"Hi! Welcome to Kids Help Phone"

**2** Press 3 for Arabic

**3** Your counsellor will connect with an Arabic speaking interpreter

Once you get through, the counsellor will ask how they can help you. *It's OK if you don't know what to say. You get to decide what you want to share.*



*This new service is available for a trial period from May to December 2020.*

**CONNECT WITH  
KIDS HELP PHONE**

Anything that's on your mind.  
Any time you need to talk.  
Free, private support.



**CALL 1-800-668-6868**  
Press 3 for Arabic  
No ID required