



New to Canada? Talk to someone you can trust.

24/7, free & confidential mental health & wellness support



Call 1-800-668-6868, press 3 for more languages



[KidshelpPhone.ca/SupportingNewcomers](https://www.kidshelpphone.ca/SupportingNewcomers)



We're
ready
to listen

Mental health & wellness
support in multiple languages

