



“I am extremely grateful that I reached out they helped me so much and they gave me a place to contact for more support and to help me get a better understanding of why I feel the way I do”

— young person who texted KHP in 2025

In 2025, KHP interacted with young people over 3.7 million times in Canada. Top issues include anxiety / stress, relationships, depression, suicide and isolation. Discover more at KidsHelpPhone.ca/Insights.

Kids Help Phone unlocks the hope young people need to thrive in their world.

Sing. Scream. Cry. Whisper. Young people can truly thrive when they can express how they're feeling in ways that are best for them. And no matter where a young person lives, or what they're experiencing, they deserve help that recognizes their unique mental health needs without judgment.

Youth can give their feelings a place to go at Kids Help Phone (KHP), Canada's only free, national, multilingual and confidential e-mental health service that's always open, offering young people from coast to coast to coast support and a space to Feel Out Loud.

What does KHP offer?

Support through [text](#) and [online message](#) with trained, volunteer crisis responders

[Counselling over phone](#) (including [interpretation services in multiple languages](#) for [newcomers](#) and youth across Canada) and [live chat](#) with professional counsellors

[KidsHelpPhone.ca](#), a website with mental health info, videos, tools, games, etc.

[The Feel Out Loud Community Creator Space](#) for youth to explore / share creative content

[Resources Around Me](#), a directory of support programs, services, tools and apps

[The Peer-to-Peer Community at Kids Help Phone](#), a support forum of real-life stories

[RiseUp powered by Kids Help Phone](#) for African, Caribbean and Black youth

School outreach programs such as [Counsellor in the Classroom](#) and [KHP Campus Ambassadors](#)

[Support for First Nations, Inuit and Métis youth](#), including the Indigenous KHP App with a wellness bundle and other online / offline features

[Good2Talk](#) for post-secondary students in Ontario and Nova Scotia

[accelerator](#)^{KHP} for advancing e-mental health support through technology, data, innovation, research and partnerships



How can I donate?
Supporters can help now at KHPFoundation.ca.



How can I get support?
Youth can get help for all the feelings at KidsHelpPhone.ca.