



**“Thank you for doing what you do. I felt like I can keep on going after waking up to what felt like utter hopelessness. You have made a difference in a dark time.”**

— person contacting KHP

Since January 2020, KHP has supported people across Canada more than 22 million times. Top concerns include anxiety/stress, relationships, depression, suicide and isolation. Discover more youth mental health data at [KidsHelpPhone.ca/Insights](https://KidsHelpPhone.ca/Insights).

# Kids Help Phone unlocks the hope young people need to thrive in their worlds

**Sing. Scream. Cry. Whisper...** Young people can truly thrive when they're able to express how they're feeling — in whatever ways are best for them. And no matter where a young person lives, or what they're experiencing, they deserve support 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, 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 services does KHP provide?



**Support through text and online message** with trained, volunteer crisis responders



**Counselling over phone** (including interpretation services in multiple languages) and Live Chat with professional counsellors



**Mental health videos, articles, tools and games** and a website chatbot for kids, teens and adults



**Feel Out Loud Community Creator Space** for youth to explore / share creative content



**Resources Around Me**, a support service directory



**The Peer-to-Peer Community at Kids Help Phone**, a support forum of real-life stories

## What programs does KHP offer?

- **RiseUp powered by Kids Help Phone** for African, Caribbean and Black youth
- **Counsellor in the Classroom** for students in Grades 4 through 12
- **Support for First Nations, Inuit and Métis youth** including Brighter Days: An Indigenous Wellness Program supported by Sun Life
- **Good2Talk** for post-secondary students in Ontario and Nova Scotia



**Thank you for supporting youth mental health!**

KHP gratefully relies on the **generosity of donors**, educators, volunteers, partners, governments and more to power our programs and services.

**Where can I learn more about KHP?**

People across Canada can connect with each other, access wellness support, join KHP's mental health movement and more at [KidsHelpPhone.ca/FeelOutLoud](https://KidsHelpPhone.ca/FeelOutLoud).

