





Resources for Supporting Students Experiencing Social Emotional Difficulties

	<p>This is a list of Mental Health and Addiction Resources, apps, and phone help numbers</p>	<p>Mental Health and Addiction Services</p>
	<p>This website has tools and resources to assist children, youth and adults in strategies to manage anxiety.</p>	<p>Expert tools and resources to help Canadians manage anxiety</p>
	<p>Kids Help Phone is Canada's only 24/7, national support service that offers professional counselling, information and referrals and volunteer-led, text-based support to young people</p>	<p>kidshelpphone.ca</p>
	<p>A quick fact sheet on how to respond to your child's reactions during stressful times.</p>	<p>Helping children cope with stress during the 2019-nCoV outbreak</p>
	<p>Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.</p>	<p>Text4Hope</p>
 <p>Kids Help Phone </p>	<p>App: Always There</p> <p>Kids Help Phone's Live Chat counselling lets children/youth connect one-on-one, in real time, with a Kids Help Phone counsellor, on the web or from our Always There app.</p>	<p>Kids Help Phone Live Chat</p>