

# Resources

This page tells you how to get in touch with Kids Help Phone and other resources in case you want to talk to somebody about your feelings. You can also speak with your classroom teacher, guidance counsellor, or the school principal. **We are all available to help you.**

Today you will answer some questions about school safety and some questions about your experience with bullying. If you feel upset about answering any of the questions or if you want some help with what is happening at school there are many people who want to help you. Consider talking to your teacher, to the principal, or to your parents/guardians. If you don't feel comfortable talking to any of these people you could also talk to a counsellor at Kids Help Phone.

**Click on the logo to access the website.**



*We Help* is a free service that HWDSB offers to support students. It operates during school hours. You can text 905-963-0066 during school hours or go to the board website *We Help* page to chat with someone.

## HWDSB

You can also see a full list of resources on the HWDSB Mental Health and Well-Being website.

**KidsHelpPhone.ca**  
**1 800 668 6868**

*Kids Help Phone* is confidential and anonymous. Your conversation will be kept private. *Kids Help Phone* can give you support and information that will help you with your problems. If you want, you can also visit their webpage [www.kidshelpphone.ca](http://www.kidshelpphone.ca). The web page includes online discussion groups with other people your age.