

#FRONTLINE

WE'RE HERE FOR YOU, YOUR FAMILY AND COMMUNITY THROUGH THE GRIEF AND BEYOND

Grieving takes time. It's common for people who are grieving to feel that they are all alone and that no one understands what they're going through. Support is available for yourself, the young people and adults in your life.

Kids Help Phone 
1-800-668-6868

Support for young people

**Text CONNECT
to 686868**

Resources Around Me

CRISIS TEXT LINE |

Texting support for adults

**Text FRONTLINE
to 741741**

Search for additional resources, programs, and support in your community like counselling and mental health support, sexual health support, housing support, legal support, job help, & more

WELLNESS TOGETHER
Canada | Mental Health and
Substance Use Support

**Phone counselling for adults,
including substance use support**

**WELLNESSTOGETHER.CA
1-866-585-0445**

ALL SERVICES ARE FREE, CONFIDENTIAL, AND IN ENGLISH AND FRENCH

For more information and resources, visit: [KIDSHELPPHONE.CA](https://www.kidshelpphone.ca)