

WHERE TO GET HELP FOR YOUR CHILD

Being a caregiver is hard.

There are times when you may need help to meet the needs of your child!
Know the places you and your child can go to for help.

STRESS

Stress is a part of every day human life. However, sometimes stress starts to impact our emotions, body, and thinking.

DISTRESS

This is a more intense reaction, and might be a response to a specific event or experience, or ongoing periods of high stress. Could look like: sleep issues, self-harm, substance use, appetite changes.

You may want professional support.

CRISIS

Your level of distress is severe.
You can no longer cope.
You need immediate support.

REACH OUT

Ask your **child's teacher or principal** for resources or supports for your child.

KIDS HELP PHONE

1-800-668-6868
or text CONNECT to 686868

FIRST NATIONS & INUIT HOPE FOR WELLNESS LINE

1-855-242-3310
Or chat online
<https://www.hopeforwellness.ca/>

ONE STOP TALK

1-855-416-8255
<https://onestoptalk.ca/>

KENORA RAINY RIVER DISTRICTS CHILD AND FAMILY SERVICES

1-866-646-6616
24 hours 1-800-465-1100

WEECHI-IT-TE-WIN FAMILY SERVICES

807-274-3201
toll free: 1-800-465-2911

988: SUICIDE CRISIS HELPLINE

call or text 988

**IF YOU NEED EMERGENCY SUPPORT
OR YOU OR YOUR CHILD ARE IN
DANGER, CALL 911**

