



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

“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

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 24/7, free, confidential e-mental health service. We're always open, offering young people across Canada support and a space to **feel out loud** ↗ in English and French.

What services does KHP provide?

Text-based support ↗



with trained, volunteer crisis responders

Counselling over phone ↗

(including interpretation services in multiple languages ↗) and Live Chat ↗ with professional counsellors



Mental health videos, tools and games ↗



and a website chatbot for kids, teens and adults

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 6 through 12
- Support for First Nations, Inuit and Métis youth ↗
- Good2Talk ↗ for post-secondary students in Ontario and Nova Scotia
- Wellness Together Canada ↗ for people of all ages

On average, KHP supports young people more than 10,000 times every day. Top concerns include anxiety and stress, relationships, depression, suicide and isolation.

Discover more youth mental health data insights. ↗

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? To discover KHP's impact in action, access wellness support, join our mental health movement and more, you can visit KidsHelpPhone.ca. ↗

