

HERE TO HELP PHONE LINE



905-503-9561



Monday, Wednesday, Friday | 9:30 AM - 4:00 PM



For children and youth (0-18 yrs) and their parents, caregivers or adult supporters.

Call us if you have concerns that could benefit from quick access to phone counselling.

If you're a young person, some reasons you may call could be if you're:

- ✓ Feeling sad, worried or angry
- ✓ Having fights with your parents or siblings
- ✓ Being bullied
- ✓ Dealing with a personal issue
- ✓ Feeling like you might hurt yourself
- ✓ Suffering because someone has hurt you
- ✓ Feeling like you are being treated unfairly
- ✓ Are having difficulty managing your stress or anxiety related to COVID-19

If you're a parent or caregiver, some reasons you may call could be if you're:

- ✓ Constantly arguing with your child or young person
- ✓ Concerned around your child's anxiety, stress or depression
- ✓ Looking for support around parenting issues
- ✓ Anxiety, stress and depression
- ✓ Family relationship issues
- ✓ Managing stress and anxiety related to COVID-19
- ✓ Parenting resources and concerns

If you don't see your concern listed above, please still call!

How to access the Here to Help Phone Line:

1

Call 905-503-9561 to speak with someone (you may have to leave a message and we will call you back).

2

Review some initial questions (10-15 minutes).

3

You will be given a time slot and informed of when to expect a call back from one of our Here to Help Phone Line therapists.

The Here to Help Phone Line is not a crisis line. If you are in crisis, please contact: 310-COPE (1-855-310-2673), Kids Help Phone (1-800-668-6868), call 911 or go to your nearest hospital emergency department.

Visit www.yorkhills.ca for more information.