

My help directory

- Activity sheet -




When things get tough, it is important to ask for help. There are many people around you to whom you can tell your secrets, who can offer good advice to help solve your problems, and who can be there to reassure you when you are worried or going through a hard time.

Here is a list of people who can offer help when you need it. Choose people you trust and write down their contact information in the help directory on the following page. Contact them when you feel the need to do so!

Grandma,
grandpa

Uncle,
aunt


 **Suicide prevention**
1 866 APPELLE (24/7)
(1 866 277-3553)
If you are thinking about suicide

 **Tel-jeunes**
1 800 263-2266
teljeunes.com
If you need to talk about your problems

Friend

Sister,
brother


Educator

 **Kids Help Phone**
1 800 668-6868
kidshelpphone.ca
If you need to talk about your problems

Teacher

Counsellor /
educator

Mother,
father

 **Allo-Prof**
1 888 776-4455
alloprof.qc.ca
To help with your homework



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I can contact them when:

- ☐ I want to play
- ☐ My parents can't take care of me
- ☐ I'm sad
- ☐ I need to talk
- ☐ I have good news
- ☐ I'm home alone



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