

# Emotional Well-being Tool Kit



Reviewed by SickKids Staff

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A list of free mental health resources available to youth in Ontario.

## Key points

- The Emotional Well-being Tool Kit serves as a free resource to help you care for your mental health.



The Emotional Well-being Tool Kit is here to help you care for your overall mental health and well-being. It can take some time to find the right resource for you. To make sure you receive the support you need and deserve, it's good to have conversations about your mental health with your family (if you are comfortable) and any member of your health-care team to keep them in the loop on how you're doing. It's okay to ask for and receive help!

*Please note that the following resources are only available in Ontario, and this is not an exhaustive list of all mental health resources.*

## Free mental health supports

### **Kids Help Phone – [kidshelpphone.ca](https://www.kidshelpphone.ca)**

Kids Help Phone is a 24/7 e-mental health service offering free, confidential support to young people. If you need urgent support, start with them. Trained support staff are available 24/7 via telephone or through text. You can call or text from anywhere in Canada and speak to someone in either English or French.

**Call 1-800-668-6868 or text CONNECT to 686868.**

You can also visit the Kids Help Phone website for more mental health supports and resources.

### **What's Up Walk-In Counselling – [whatsupwalkin.ca](https://www.whatsupwalkin.ca)**

What's Up Walk-In network is Toronto's only free, six-day-a-week mental health counselling walk-in service for infants, children, youth, young adults and their families. You can make a same-day appointment and attend virtually or in-person with a therapist.

Find a location near you here: <https://www.whatsupwalkin.ca/wuwi-locations-hours/>.

## One Stop Talk – [onestoptalk.ca](https://onestoptalk.ca)

One Stop Talk provides free and immediate access to mental health services with a therapist. Services are available in multiple languages—just make sure to request a translator! You can access this service up until the age of 17.

Available across Ontario **Monday – Friday from 12:00 to 8:00pm EST** and **Saturday from 12:00 to 4:00pm EST**.

## Free online cognitive behavioural therapy (CBT) programs

CBT is a talk-based therapy that aims to manage the way you think and behave. Check out these free programs:

- **BounceBack** ([bouncebackontario.ca/teens/](https://bouncebackontario.ca/teens/))  
If you're 15-17 years old, you can refer yourself to this self-directed program with the support of a coach.
- **MindShift CBT**  
([anxietycanada.com/resources/mindshift-cbt/](https://anxietycanada.com/resources/mindshift-cbt/))  
This anxiety relief app uses self-directed CBT strategies to help you learn to relax, be mindful, and take charge of your anxiety. The program is skills-based and also offers a community forum where you can find support from your peers.



## General education resources

### AboutKidsHealth

Learn more about how you can support your emotional well-being by visiting [AboutKidsHealth](https://aboutkidshealth.ca), SickKids' online patient and family educational resource website.

Mental health learning hubs:

- For teens – [teens.aboutkidshealth.ca/mentalhealth](https://teens.aboutkidshealth.ca/mentalhealth)
- For children and their caregivers – [aboutkidshealth.ca/mentalhealth](https://aboutkidshealth.ca/mentalhealth)

Please visit [Teens.AboutKidsHealth.ca](https://Teens.AboutKidsHealth.ca) for more health information.

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