

# Emotional Well-being Tool Kit: Ages 18+

Reviewed by SickKids Staff    Last updated: February 24<sup>th</sup> 2025

A list of free mental health resources available to youth in Ontario who are 18 years of age or older.



View Online

## Introduction

The Emotional Well-being Tool Kit (Ages 18+) 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 youth and young adults up to the age of 29. 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 & 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 (up to the age of 29) 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/>.

## Good2Talk – [good2talk.ca/ontario](https://good2talk.ca/ontario)

Good2Talk provides free, 24/7 confidential support services for post-secondary students in Ontario and Nova Scotia.

- **Call 1-866-925-5454** to talk to a professional counsellor.
- **Text GOOD2TALKON to 686868** or **message GOOD2TALK** online to speak with a trained, volunteer crisis responder.
- Connect with the **Peer-to-Peer Community**: [peertopeer.kidshelpphone.ca/](https://peertopeer.kidshelpphone.ca/)
- Search for **campus and community services**: [good2talk.search211.ca/](https://good2talk.search211.ca/)

## Suicide Crisis Helpline – [988.ca](https://988.ca)

The Suicide Crisis Helpline is a safe space to talk, 24 hours a day, every day of the year.

**Call or text 988.**

## Youth Wellness Hubs Ontario (YWHO) – [youthhubs.ca](https://youthhubs.ca)

Available across the province, YWHO provides youth aged 12 to 25 with access to the services they need to support their mental health at no cost. These services include:

- Mental health and substance use counselling
- Sexual health services
- Other primary health-care services
- Employment, education and training supports
- Other community and social supports to improve overall wellness

Find your local hub here: [youthhubs.ca/ywho-sites](https://youthhubs.ca/ywho-sites).

## 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** – You can refer yourself to this self-directed program through the [Ontario Structured Psychotherapy program](#).
- **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](#), SickKids' online resource for health information.

Mental health learning hubs:

- General information about mental health – [aboutkidshealth.ca/mentalhealth](https://aboutkidshealth.ca/mentalhealth)
- Teen site – [teens.aboutkidshealth.ca/mentalhealth](https://teens.aboutkidshealth.ca/mentalhealth)