



Support Resources

Kids Help Phone

Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

Website: <https://kidshelpphone.ca/>

Phone: 1.800.668.6868

BOOST Child and Youth Advocacy Centre

Dedicated to the prevention of child abuse and violence through education, awareness, and collaboration with our community partners.

Website: <https://boostforkids.org/>

Phone: 1.855.424.1100

CAMH – Mood & Anxiety Service for Children and Youth

The Mood and Anxiety Service offers assessment and treatment for children and youth aged 6–17 years (and their parents/caregivers) who are experiencing mood and/or anxiety difficulties. Children and young people seen in the service are typically experiencing problems related to worry, phobias, emotions, sadness and/or hopelessness.

Website: <https://www.camh.ca/en/your-care/programs-and-services/mood-anxiety-for-children-youth-service>

What's Up Walk-In

Free walk-in mental health counselling. Immediate mental health counselling for children, youth, young adults and their families, and families with infants. No fee. No appointment. No health card. Six locations across Toronto.

Website: <http://www.whatsupwalkin.ca/>

Psychology Today

To find a therapist in your area

Website: <https://www.psychologytoday.com/ca/therapists/on/toronto>

Native Child and Family Services of Toronto

Strives to provide a life of quality, well-being, caring and healing for our children and families in the Toronto Native Community. We do this by creating a service model that is culture-based and respects the values of Native people, the extended family and the right to self-determination.

Website: <https://www.nativechild.org/>

Phone: 416.969.8510

Families Change

Age-appropriate information to guide you through separation and divorce.

Parent Guide: <https://on.familieschange.ca/en/parents/parent-guide>

Kids Guide: <https://on.familieschange.ca/en/kids>

Government of Canada - Because life goes on ... helping children and youth live with separation and divorce

Website: <https://www.canada.ca/en/public-health/services/publications/healthy-living/because-life-goes-on-helping-children-youth-live-with-separation-divorce.html>

Kids In The Middle

Kids In The Middle empowers children, parents and families during and after divorce through counseling, education and support. This page on the website feature tips from their therapists.

Website: <https://www.kidsinthemiddle.org/tips/>