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# Mental health support for teens, anytime you need it

Many teenagers experience stress, worry, sadness, or pressure at different times during the year. School demands, social changes, family expectations, and personal challenges can sometimes feel overwhelming. These feelings are common and asking for help early can make them easier to manage. Reaching out is a sign of strength, not weakness, and it can help you feel more supported and understood.

There are trusted services available that offer free and confidential mental health support for teens. Kids Help Phone is one of the most accessible options in Canada. Their trained counsellors are available every day of the year and can talk with you by phone, text, or online chat. They listen without judgment, help you explore what you are feeling, and guide you toward steps that can make things feel calmer and more manageable.



Learning about your feelings and finding healthy ways to cope can build confidence and resilience. You might notice that sharing your thoughts with a trusted person helps you feel less alone. You might also discover strategies that make difficult moments easier to handle. Support is available whenever you need it, whether you are feeling sad, stressed, confused, or unsure where to start.



To learn more or get support now, [click here](#), call **1-800-668-6868**, or text **686868**. The website also includes tools, articles, and wellness resources created specifically for young people.