



Wellness Resources

<https://kidshelpphone.ca>

1-800-668-6868

Kids Help Phone is a Canadian charitable organization that provides 24/7 free confidential professional online and telephone counselling and volunteer-led, text-based support in English and French to youth across Canada.

<https://www.bigwhitewall.ca>

Big White Wall provides anonymous peer support, and immediate access to evidence-based tools, accessible 24/7 via a digital platform. Available FREE to all Ontario residents with an eligible Ontario postal code.

<https://mindyourmind.ca/>

Mindyourmind is a space where mental health, wellness and technology meet. With interactive tools and resources to build capacity and resilience.

<http://www.brockchc.ca/>

Brock Community Based Health Services, including preventative healthcare, mental health and addictions counselling and referrals.

<https://tndf.ca/>

The Nourish and Develop Foundation provides food access and social supports, Community Kitchen, and Nourish Hub

<https://wemattercampaign.org/>

We Matter Campaign a place where indigenous youth can turn to for positive support and community.



Calming Strategies

- **Breathing Balloon**
- <https://kidshelpphone.ca/get-info/breathing-balloon/>
- **Pixelthoughts**
- <http://www.pixelthoughts.co/>
- **Quiet kit**
- <https://quietkit.com/>
- **Tension Release Exercise**
- <https://kidshelpphone.ca/get-info/tension-release-exercise/>
- **Worry Rockets**
- <https://kidshelpphone.ca/get-info/worry-rockets/>
- **Vent it- Music**
- <https://kidshelpphone.ca/get-info/vent-it-music/>
- **Self Quest Game**
- <https://kidshelpphone.ca/get-info/self-quest/>



Downloadable APPS

- **StopBreatheThink** Provides short activities to guide people through meditation for mindfulness and compassion. <https://www.stopbreathethink.com/>
- **Headspace App** Explore guided exercises, videos and more for relaxation and stress reduction. <https://www.headspace.com/>
- **MindShift** mobile app designed to help people of all ages cope with and work through mild to moderate anxiety. You'll learn to relax, develop more effective ways of thinking, and take active steps to take charge of your anxiety. <https://www.anxietycanada.com/resources/mindshift-cbt/>
- **Clear Fear** is a phone app that provides tasks to help you breathe, relax, and be mindful as well as changing thoughts and behaviours and releasing emotions. <https://www.clearfear.co.uk/>
- **Gratitude: Personal growth and Affirmations Journal.** Improves self care and personal growth Personal journaling encourages a shift in focus from stress to gratitude. With reminders and affirmations. <https://gratefulness.me/>
- **Calm App.** is a meditation, sleep and relaxation app, available in both the App Store and Google Play store. Calm creates unique audio content that strengthens mental fitness. Calm also contains some 100 Sleep Stories (bed-time stories for grown-ups), plus sleep music, <https://www.calm.com/>
- **Happyfeed: Gratitude Journal.** Train your brain to focus on the positive and become more resilient. Record three happy moments from the day, with photos, quotes and fun facts. <https://www.happyfeed.co/>