

LENDING A KID A HELPING HAND

OBSERVE, LISTEN AND
ACT TO MAKE A DIFFERENCE



Kids Help Phone 



Desjardins
Foundation



SIGNS TO WATCH FOR:

- Not wanting to go to school
- Insomnia or over-sleeping
- Significant weight gain or loss
- Changes in mood or mood swings
- Not participating in sports, clubs and activities they used to enjoy

WHAT CAN YOU DO?

Be an active listener by repeating or paraphrasing what you've just been told.

Listen without interrupting.

Focus on the message, not the tone.

Practice empathy.

Ask them what you can do for them.

Encourage them to talk to other trusted adults or to use Kids Help Phone's confidential services

LEAD BY EXAMPLE

Kids are strongly influenced by those around them; by adopting a positive attitude that promotes optimism and well-being, we make it easier for them to do the same.

MAKE SOME CHANGES!

- Express your emotions and encourage them to do the same.
- Support people who are going through a difficult situation and accept support from others when you need it. They'll learn empathy and accept their vulnerability.
- Establish and maintain relationships based on love and respect.
- Demonstrate that you can take initiative in certain situations but that you can also follow someone else's lead.
- Plan for the future by setting short- and long-term goals. Get your kids involved too!


**STICK THIS MAGNET IN SIGHT.
KIDS HELP PHONE IS THERE 24/7. ▶**

Whenever you need
to talk, we're open.
24/7/365

Kids Help Phone 

1-800-668-6868
KidsHelpPhone.ca





Resources Around Me is THE directory for young Canadians to find programs and services in their community, such as:

- Counselling and mental health support
- Drugs, alcohol and gambling support
- Housing and homelessness support
- Job support
- Legal and advocacy support
- Health
- Violence and abuse support
- Aboriginal support services
- LGBTQ support services

Go to kidshelpphone.ca/resourcesaroundme