



**Kids Help Phone**



**Need help right now?**  
Call to speak to a counsellor  
**1-800-668-6868**

**Anxious?**

**Depressed?**

**Family problems?**

**Bullied?**

**Call 1800 668 6868**



**What is Kids Help Phone?**

- Phone counselling
- Web counselling
- For ages 20 & under
- Free, 24/7
- Anonymous & Confidential
- Non-judgemental



**The KHP Promise**

**Anonymous** means you don't have to tell us who you are.

**Confidential** means whatever you tell us is safe.

**Alcohol/Drug issues?**

**Relationship issues?**

**Just need to talk to someone?**

**Call 1800 668 6868**