

You are Not Alone



Your mental health is important.

It's okay to not be okay and to ask for help when you don't feel like yourself. Talk to a teacher, principal, school counsellor or friend if you need to.

www.SurreySchools.ca/mentalhealth

You can also call:

Fraser Health Crisis Line
604-951-8855 or
1-877-820-7444 (toll free)

Kids Help Line

1-800-668-6868

Or text CONNECT to 686868

Or visit: www.erase.gov.bc.ca