

#NOVASCOTIASTRONG

WE'RE HERE FOR YOU 24/7

Kids Help Phone 
1-800-668-6868

Support for young people

Text **NSSTRONG**
to **686868**

CRISIS TEXT LINE |

Texting support for adults

Text **NSSTRONG**
to **741741**



1.833.292.3698
Nova Scotia

Post-Secondary Student Helpline

Text **GOOD2TALKNS**
to **686868**

Frontline workers can text **FRONTLINE** to **741741**

ALL SERVICES ARE FREE, CONFIDENTIAL AND IN ENGLISH AND FRENCH

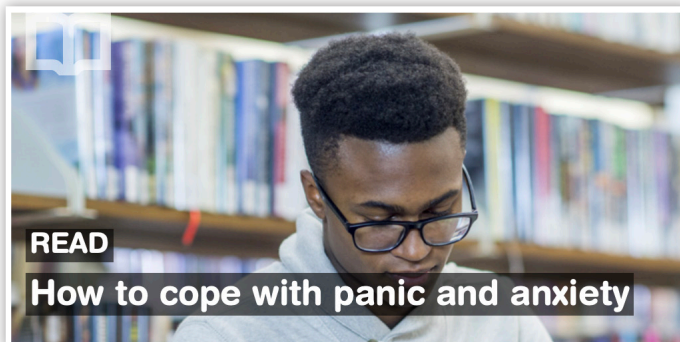
Kids Help Phone also has a wide variety of resources on their website that may be helpful during this time.



READ

Coping with tragedy

<https://kidshelpphone.ca/get-info/coping-tragedy/>



READ

How to cope with panic and anxiety

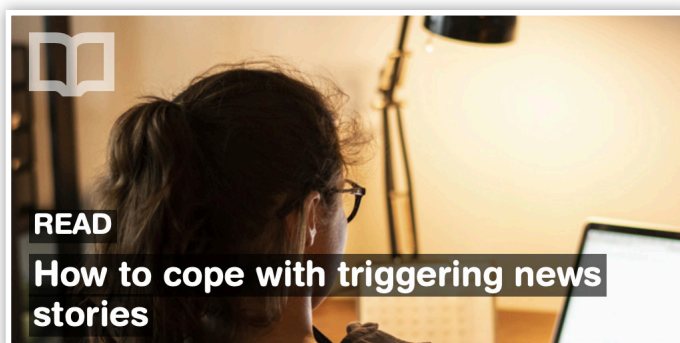
kidshelpphone.ca/get-info/how-cope-panic-and-anxiety/



READ

Kids Help Phone's self-care checklist

kidshelpphone.ca/get-info/kids-help-phones-self-care-checklist/



READ

How to cope with triggering news stories

kidshelpphone.ca/get-info/how-to-cope-with-triggering-news-stories/

For additional information and resources, visit: kidshelpphone.ca