

Resource Sheet for Children

Please contact any of the organizations listed on this sheet should you wish to follow up with anything discussed in the interviews. You are not bothering anyone by calling or reaching out. Staff at these organizations are here to help you.

1. Kids Help Phone

Provides 24 hour, 7 days a week free confidential professional online and telephone counselling and volunteer-led, text-based support in English and French to youth across Canada. Kids Help Phone also provides information on how to access community support services for youth (aged 5-25).

Telephone: 1-800-668-6868

Website: <https://kidshelpphone.ca/our-services/>

2. East Metro Youth Services

East Metro Youth Services are still welcoming new clients and providing services by telephone and online during the COVID public health emergency. East Metro Youth Services provide counselling for family violence and other issues.

Telephone (general number): 416-438-3697 ext. 12248

Website: <http://emys.on.ca/>

3. Good Shepherd Hamilton – Youth Services

The Good Shepherd Youth Services program helps youth who may be struggling with poverty, family conflict, homelessness, mental health issues, abuse and neglect.

Telephone (general number): 905-528-5877

Website: <https://www.goodshepherdcentres.ca/youth-services>