

## National resources for young people in Canada

### **Canadian Association of Sexual Assault Centres / Association canadienne des centres contre les agressions à caractère sexuel**

- Offers a list of rape crisis centres and transition houses across Canada.
- 🔗 [casac.ca/home](https://casac.ca/home)

### **Black Youth Helpline**

- Serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.
- 🔗 [blackyouth.ca](https://blackyouth.ca)
- ☎ 1-416-285-9944

### **Child Abuse Hotline**

- To report child abuse or neglect. Available in Canada and the US 24/7. Serves all youth.
- ☎ 1-800-387-5437

### **Ending Violence Association of Canada**

- National non-profit organization that works collaboratively with its member organizations and others to provide a unified, pan-Canadian voice on the issue of sexual violence.
- 🔗 [endingviolencecanada.org](https://endingviolencecanada.org)

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### Gender Creative Kids

- Supports trans, non-binary, and gender-fluid youth's affirmation within their families, schools, and communities. Resources and program information are available on their website.
- [gendercreativekids.com/programs](https://gendercreativekids.com/programs)

### Hope for Wellness Helpline

- Offers experienced and culturally competent counsellors to Indigenous people across Canada. It's available 24/7.
- [www.hopeforwellness.ca](http://www.hopeforwellness.ca)
- 1-855-242-3310

### Kids Help Phone

- An e-mental health service available 24/7 for all youth in Canada. Their website also provides a list of local resources for youth, both physical and virtual.
- [kidshelpphone.ca](http://kidshelpphone.ca)
- 1-800-668-6868 or text 686868

### Protect Kids Online

- It is designed to assist parents/guardians in protecting their children on the Internet and reducing their risk of victimization.
- [protectkidsonline.ca](http://protectkidsonline.ca)

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### Naseeha

- An international hotline that provides youth and particularly Muslim youth with the tools needed to address a range of issues including mental health, drugs and alcohol, bullying, religion, marriage and divorce, domestic issues, and career or work-related issues.
- [naseeha.org](https://naseeha.org)
- 1-866-627-3342 or text 866-627-3342.

### Need Help Now

- Resources available to help youth remove non-consensually shared nudes or intimate images. A support team and accessible guides are provided.
- [needhelpnow.ca](https://needhelpnow.ca)

### Trans Lifeline Hotline

- A phone service run by trans people for trans and questioning peers. It operates 24/7.
- [translifeline.org/hotline](https://translifeline.org/hotline)
- 877-330-6366



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### Youth Space

- For youth under 30 across Canada. Youth Space is a free online crisis and emotional support chat service.
- 👥 Youth under 30.
- 🔗 [youthspace.ca](https://youthspace.ca)
- 📞 778-783-0177 (text)

