

My Support Network

One of the ways to help maintain or develop good mental health is to talk about what is happening to us. It is therefore important to have in mind a list of contacts to turn to when needed.

EXAMPLE OF A LIST:



MY NETWORK, MY COMMUNITY	TELEPHONE	WEBSITE
TEL-JEUNES	1 800 263-2266	teljeunes.com/Home
KIDS HELP PHONE	1 800 668-6868	kidshelpphone.ca
DRUGS: HELP AND REFERRAL	1-800-265-2626	drogue-aidereference.qc.ca
INTER-LIGNE	1-888-505-1010	interligne.co/en/



MY NETWORK, MY SCHOOL	NAME	TELEPHONE OR ROOM NUMBER
TEACHER		
EDUCATOR		
PSYCHOEDUCATOR		
NURSE		
STUDENT LIFE FACILITATOR		
OTHER		

MY NETWORK, MY PERSONAL WORLD	RELATIONSHIP	TELEPHONE/EMAIL
GRANDFATHER, GRANDMOTHER		
UNCLE, AUNT		
FRIENDS		

