

WELCOME to the **Teen Mental Health and Well-Being Resource Library!**



On the next slide you will find a special virtual library for teens that has information and resources to help support mental health and well-being.

Use Present Mode for the best viewing experience!

WELCOME



Teen Mental Health and
Wellness Resource Library



jack.org



calm
is a
super
power



what's up
walk in

CTYS
central toronto youth services



MIDAYNTA

Naseeha



Canadian Mental
Health Association

Ontario



HONG FOOK



URBAN INDIGENOUS
EDUCATION CENTRE

TROPICANA
COMMUNITY SERVICES

Substance Abuse
Program for African
Canadian and
Caribbean Youth
(SAPACCY)

LGBT youthline
25 YEARS OF YOUTH RESILIENCE



CAFCAN
Canadian African Caribbean
Social Services

STELLAS
PLACE
Young Adults
Mental Health

TAIBU COMMUNITY
HEALTH CENTRE



ICNA Relief Canada
No Borders - No Boundaries



Community
Family Services
of Ontario

家和

Black Youth Helpline
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE



Anishnawbe Health Toronto



Professional
Support Services