



THE GREY BRUCE
We C.A.R.E.
PROJECT

To support
youth mental
health



Youth Need You...

Teens or young adults need you, even though they might not say it or show it. Most youth identify that their parents or a close family member are who they want to turn to when they need help.

Learn how to C.A.R.E. about youth and connect with Grey Bruce resources, visit...

www.wecaregreybruce.ca



Connect

Connect with youth & reassure them you are always there

Ask

Ask youth to share what's happening in their lives and listen without judging

Reach

Reach out to the youth and ask them what they need

Encourage

Encourage youth in all that they do and in seeking help when needed

**We
C.A.R.E.**

Getting Help In Grey Bruce

if someone you know is suicidal go to the
nearest E.R. or call 911

Services

Canadian Mental Health Grey Bruce 519-371-3642

Keystone Child, Youth & Family Services 519-371-4773 (0 - 17)

Victim Services Bruce Grey Perth 1-866-376-9852

S.O.A.H.A.C. (Southwest Ontario Aboriginal Health Access Centre Grey-Bruce 519-376-5508

Other Sources of Help

Family Health Team - contact your family Doctor's office

School - contact Principal, Guidance or Student Success

Workplace Employee Assistance Programs - contact your employer

Telephone or Online

Crisis line Grey Bruce 1-877-470-5200

Kids Help Phone 1-800-668-6868
www.kidshelphone.ca or text 686868

Good2Talk 1-866-925-5454
www.good2talk.ca

Wesforyouthonline www.wesforyouthonline.ca

We C.A.R.E. www.wecaregreybruce.ca

211 - call anytime with any question