

# BE THE CHANGE



## Community Resources

- [Black Youth Helpline](#)
- [Simcoe Public Health](#)
- [Ontario Telemedical Network](#)
- Telehealth Ontario 1-866-797-000
- Kids Help Phone 1-800-668-6868 or text CONNECT to 686868
- Distress Centres of Greater Toronto 416-408-4357 or text 45645
- Assaulted Women's Helpline 1-866-863-0511 or text #SAFE (#7233)
- 211 call 2-1-1 or text 21166 to find support in the community such as food banks, housing and more.