

# #NOVASCOTIASTRONG

WE'RE HERE FOR YOU 24/7

Kids Help Phone   
1-800-668-6868

Support for young people

Text **NSSTRONG**  
to 686868

**CRISIS TEXT LINE |**

Texting support for adults

Text **NSSTRONG**  
to 741741



1.833.292.3698  
Nova Scotia

Post-Secondary Student Helpline

Text **GOOD2TALKNS**  
to 686868

Frontline workers can text **FRONTLINE** to 741741

**ALL SERVICES ARE FREE, CONFIDENTIAL AND IN ENGLISH AND FRENCH**

**FOR MORE INFORMATION AND RESOURCES, VISIT: [KIDSHELPPHONE.CA](http://KIDSHELPPHONE.CA)**