Kids Help Phone: Supports for Youth Impacted by Suicide and/or Suicidal Ideation

February 29, 2024

11:00am-12:00pm MST

This session will highlight resources that are available on the Kids Help Phone website to support youth impacted by suicide and/or suicidal ideation. We will also look closer at how Indigenous youth can connect with a counsellor or crisis responder 24 hours a day, 365 days a year.
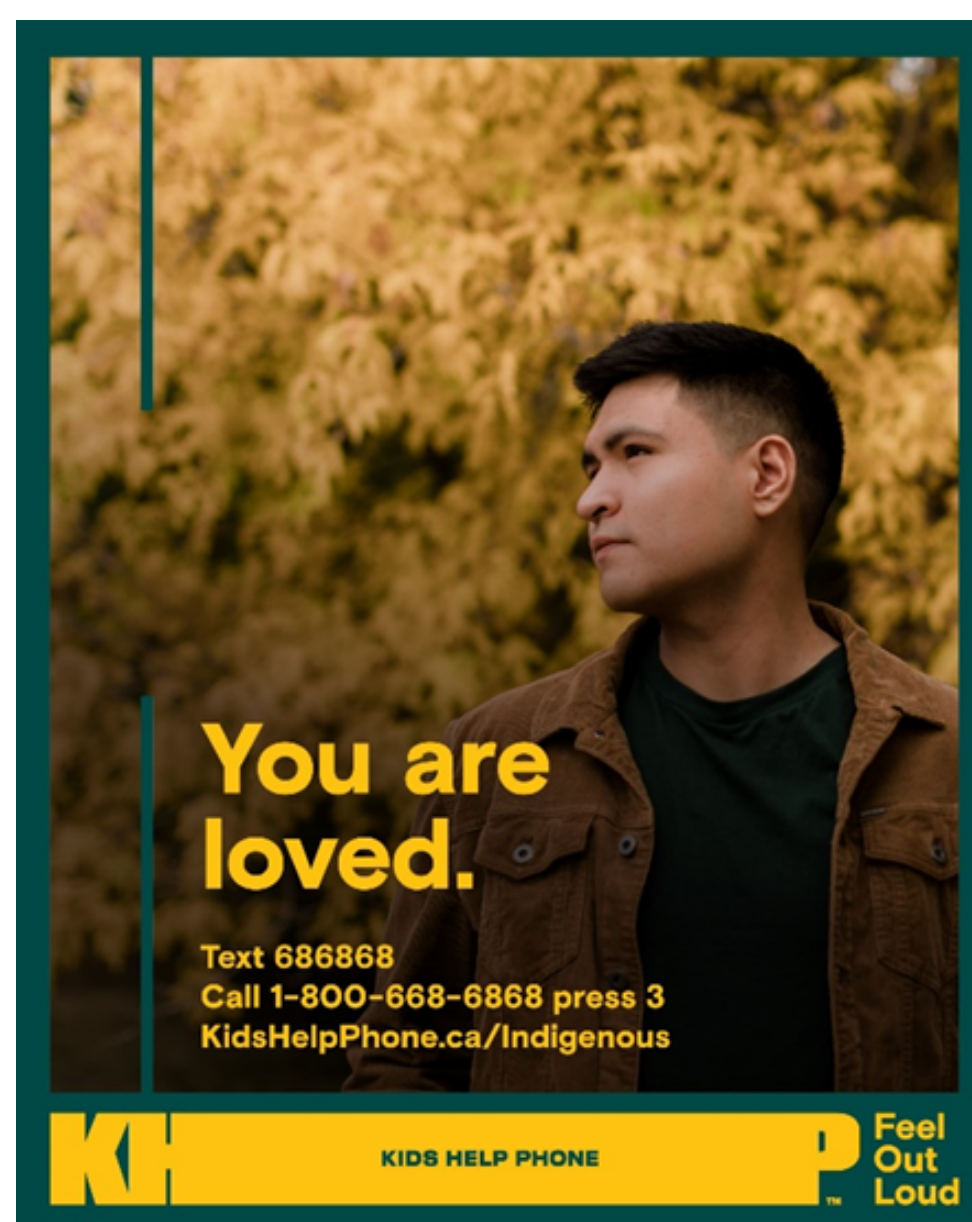

Learning Outcomes:

- Participants will learn how to access suicide prevention resources from the KHP website
- Participants will know how to access 24/7/365 mental health support
- Participants will leave with an understanding of the different programs and services available to Indigenous youth

Speakers:

Jasmyn Opikokew, B.A., B. Ed. Kids Help Phone, Indigenous Wellness Specialist. Before coming to Kids Help Phone, Jasmyn was a high school teacher and taught Indigenous students both on-reserve and in an urban setting. She is passionate about uplifting Indigenous youth and doing what she can to support the mental well-being of the next generation.

You are loved.

Text 686868
Call 1-800-668-6868 press 3
KidsHelpPhone.ca/Indigenous

KH   KIDS HELP PHONE   P   Feel Out Loud

Target Audience:
Indigenous youth; caring adults; support persons who work with Indigenous youth

Please register for session at:
https://fntn.ca/Home/Register-VC?eid=21066

To access this session from *zoom:*
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First Nations Telehealth Network
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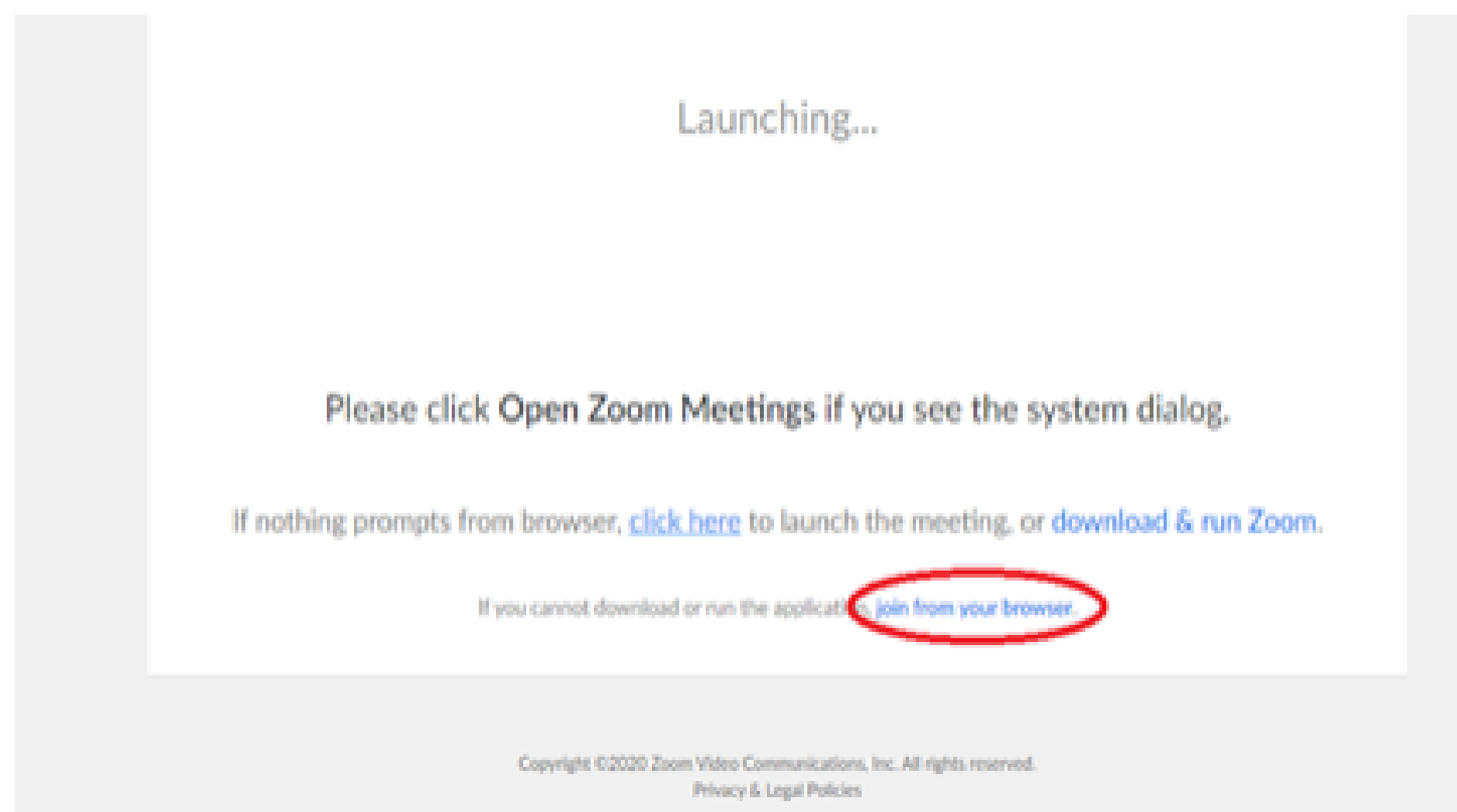3. Passcode: 885066
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