




Resources for immigrants

Kids Help Phone

- An e-mental health service available 24/7 for all youth in Canada. Their website also provides a list of local resources for youth, both physical and virtual. Phone counselling is offered in over 100 languages, with the help of trained interpreters.
-  kidshelpphone.ca
-  1-800-668-6868 or text 686868

TFGBV Guides by the Ontario Council of Agencies Serving Immigrants

- Infographic on Digital Technology in Facilitating and Responding to GBV Among (Im)migrants available in several languages.
-  ocasi.org/gender-based-violence