

HEALTHY COPING MECHANISMS

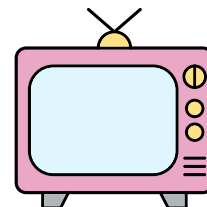
*IN TIMES OF NEED, IT'S IMPORTANT TO KNOW
WHERE TO FIND RESOURCES TO HELP YOU
MAINTAIN YOUR MENTAL HEALTH!*

**TALK TO
LOVED ONES**



**DO SOMETHING
YOU LIKE**

**GO ON A
WALK**



*IT'S IMPORTANT TO CHOOSE HEALTHY
COPING STRATEGIES!*

CHECK OUT [KIDSHELPPHONE.CA](https://www.kidshelpphone.ca) TO LEARN HOW TO BUILD YOUR SKILLS!

