

Why Teen Mental Health Matters

Teen mental health is the cornerstone of a bright future. During these formative years, emotional and social development is crucial.

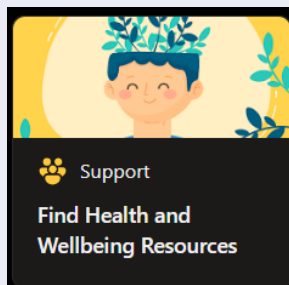
By addressing mental health early, we can prevent long-term issues and set teens up for academic and social success.

Good mental health practices reduce risky behaviors and help prevent teen suicides.

Plus, they build resilience and equip teens with essential coping skills for life's ups and downs.

Let's support our teens' mental health to ensure they soar high and thrive!

[Cadet365 Mental Health Resources](#)



SOARING MINDS



Finch was started by 2 friends (Nino & Steph) who struggled with anxiety and depression and found self care challenging to stick with. They decided to build Finch with the mission to make self care fun and accessible after seeing many others share similar struggles.

This free app is great for all ages! I use it and love the cute animations. In order to take care of my pet, I have to take care of myself.

Please ask your parents to check it out with you, to find out if this is a good fit for you.

Full product review

[Finch App Review- Self Care Best Friend Of Every mood 2024 » Media Talky](#)



My fill-in-the-blanks safety plan for any time

Whether you're at home, at school, in the community or anywhere else, your safety is always a priority. With this interactive safety plan tool, you can find ways to create or access safer spaces for times when you're feeling unsafe — even if it's just for the short term. Your safety plan is yours to design and use in whatever ways feel best for you.

If you're in immediate danger, emergency services are available across Canada. Mobile crisis support and other community services are also available in some areas. You can use Resources Around Me to find what's best for you and available nearest your location.'

If you are having thoughts of suicide, you can also call or text 9-8-8, a 24/7 confidential national suicide crisis helpline for support.

What is a safety plan?

You are important and you deserve to feel safe. If you're in a potentially harmful situation, there are actions you can take to put your safety first, take care of yourself and / or get support. Having a safety plan can help you know what your options are if / when you start to recognize an unsafe situation. Every person and every situation is different. This tool can help you make a safety plan that's unique to you and your needs.

[My fill-in-the-blanks safety plan for any time - Kids Help Phone](#)