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Let's talk about asking for help.

- **There is No Problem Too Big or Too Small**

This student resource provides ideas and strategies for taking care of mental health and ways to ask for help when needed. <https://smho-smso.ca/blog/online-resources/no-problem-too-big-or-too-small-student-help-seeking-resource/>

- **Reaching Out**

This tip sheet helps students find a way to start a conversation with a trusted person about their mental health and supports them in understanding what to expect after reaching out for help. <https://smho-smso.ca/wp-content/uploads/2020/03/Reaching-Out.pdf>

- **My Circle of Support Pocketbook**

This resource helps students identify the people, places, and things that will support them when they need it. <https://smho-smso.ca/wp-content/uploads/2021/08/Circle-of-Support-Pocketbook.pdf>

Let's talk about where you can go for help.

- **Explore and identify mental health support at school, work, online, in the community.**

Did you know that mental health counselling takes place at school? Each KPR school has a Mental Health Clinician that provides short-term counselling to support student mental health. If you want to learn more about mental health support at school, talk with your teacher or school principal.

For parents and caregivers, mental health counselling is often available through
