



RESOURCES

School Mental Health Ontario <https://smho-smsso.ca/>

Halton Catholic District School Board: Learn at Home www.learnathome.hcdsb.org

Self Care 101 Tips <https://smho-smsso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>

Mental Health Resources serving Halton

ROCK Reach Out Centre for Kids (24/7) 905-878-8555

Distress Centre Halton (Burl) 905681-1488 (Oak) 905-849-4541 (Halton Hills) 905-877-1211

Kids Help Phone 1-800-668-6868 Text 686868

Halton Regional Police for emergencies 911

Halton Regional Police for non-emergencies 905-825-4777

[#HCDSBSelfcare](#)

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