

Let Your Voice Be Heard

Thriving Youth, Thriving Communities Survey is Coming to Your School



We are asking students in grades 7-12 to take the survey and share your thoughts on health-related issues such as nutrition, physical activity, mental health and well-being as well as other topics. Your answers can help you, your school, community and others support your health and well-being.

You don't have to answer any questions you don't want. Your answers will not be shared with your teachers or parents and we will not ask you to include your name on the survey.

If you ever need to talk to someone there are people ready to help you:

Kids Help Phone

Phone: 1-800-668-6868 (available 24 hrs. a day)
Live chat: [kidshelpline.ca](https://www.kidshelpline.ca)

HealthLine 811- Professional Health Advice and Mental Health Support

Phone: 811 (available 24 hrs. a day)

First Nations and Inuit Hope for Wellness Help Line

Phone: 1-855-242-3310 (available 24 hrs. a day)

Suicide Prevention and Support

Phone: 1-833-456-4566 (available 24 hrs. a day)

211 Saskatchewan- crisis hotlines, programs and services

Phone: 211 (available 24 hrs. a day)
Live chat: [sk211.ca](https://www.sk211.ca)

Non-Insured Health Benefits Mental Health Counselling Benefit

Phone: 1-866-885-3933 (available 24 hrs. a day for eligible First Nations and Inuit people and communities)