

MAY 2016  
NEWSLETTER

AT A GLANCE

[Live Chat](#)  
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**Thank you** for making sure that every kid and teen can access a caring and professional counsellor – anytime, anywhere. **Your support sends a vital message to young people: “You are not alone”.**

#### FEATURED

### [Live Chat: Supporting Kids At Risk](#)



Today's world is overflowing with smartphones, tablets, and technology. It's no surprise that more kids are turning to Live Chat when they need to talk to someone they can trust. **In fact, the number of Live Chat counselling hours at Kids Help Phone has tripled since 2011, funded by your kindness!** Sometimes it's easier – or safer – for a kid to type something than to say it out loud. It's especially vital to potentially vulnerable young people like Indigenous youth, first-generation Canadians, or LGBTQ+ youth. For these under-served populations, Live Chat is relief that's anonymous, confidential, easy to access, and always there – like you. [READ MORE.](#)

#### WHAT'S NEW



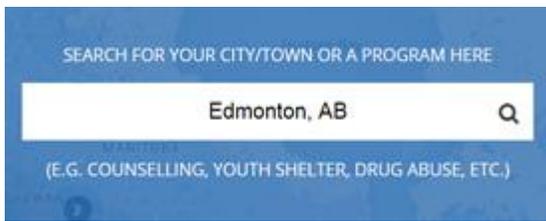
#### [Adil's\\* Story](#)

Hear the story of a kid who picked up the phone and dialed Kids Help Phone – in his own words! When the pressure of school and his parents' expectations started to feel like too much to handle, Adil knew he had somewhere to turn, because of you. **Thank you!** [READ MORE](#)



#### [Counsellor's Corner](#)

Joe has worked with youth for over 25 years! He shares the issues he sees most often, the hardest part of his job – and the courage he thinks it takes for a kid to make the call for help. It's because of you that Joe is there to listen when kids need to talk. [READ MORE.](#)



### [Do You Know Where To Go?](#)

Local programs and services like counselling, LGBTQ+ support groups, shelters and many more are now available for young people at their fingertips. The recently improved Resources Around Me tool allows them to search for support right in their own neighbourhood. [READ MORE](#)

### [Why Myrna's Walking](#)

After the tragic loss of her son Steven, Myrna channelled her grief into raising awareness for youth mental health. Like you, she knows 24/7 access to anonymous counselling can make all the difference to a struggling kid. That's why she chooses to walk. [READ MORE](#)

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*\*This is the true story of a youth. His name and identifying information have been changed for anonymity.*

