



Talk to our counsellors about ANYTHING from ANYWHERE you feel comfortable. Nothing is too small or unimportant!

FREE, ongoing e-counselling for ALL Ontario youth ages 13-24.

Minimal wait times (24-48 hours!)



Wellness & Emotional Support for youth online

SAFE. INCLUSIVE. FREE.

NO wait list.

NO referral or parental permission needed.

Connect how you want:

- Email to email
- Live chat
- Video call
- Phone call

