



We're here for you during COVID-19 (novel coronavirus)

Kids Help Phone knows the news has been dominated by some [triggering headlines](#) lately. We also know that COVID-19 — a novel coronavirus (a.k.a. new virus) affecting people in Canada and across the world — is something that may be on your mind.

Where can I get information about COVID-19?

We encourage you to visit the [Government of Canada's website](#) for more information about COVID-19, including the latest updates, how you can protect yourself, what the symptoms are and what you can do if you feel sick. You can also visit [KidsHealth](#) for more details about the virus and what you can do if you're worried about a friend or family member.

Who can I talk to for support?

Kids Help Phone is always here for you. Because we're an [e-mental health service](#), it's good to know you can contact us 24/7 from anywhere in Canada, via [phone](#), [text](#) or [online chat](#).

What other trustworthy resources are available?

We also want to share some resources with you that may be helpful during this time. You can browse through articles, tools and more below!