

# Child and Youth Counsellors are available throughout the summer to support you



As the 2025-2026 school year comes to an end, the NTHSSA would like to remind families that Child and Youth Counsellors (CYCs) remain available throughout the summer to support children, youth, and their families.



**Child and Youth Counsellors** provide free clinical mental health services in person and by phone to support children, youth, and their families year-round. They are available to talk, provide support, and connect with other services if needed.



**e-Mental Health options are also available**, and can make a difference in overall wellness by offering immediate access to supports, including the ability to connect with a virtual counsellor by phone or text, as well as self-directed tools.



**There is no wrong door when it comes to accessing mental health care.** If you need support or someone to talk to, or have a friend or family member who may benefit from these resources, please reach out.

## CONTACT YELLOWKNIFE CYC PROGRAM

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## NTHSSA Mental Health Resources

