


# GUIDE FOR GIRLS

## Help Lines

### 211

 : [www.ns.211.ca](http://www.ns.211.ca)


 : 211

<https://www.facebook.com/211NS>

<https://twitter.com/211ns>

## Kids Help Phone

 : [kidshelpphone.ca](http://kidshelpphone.ca)

 : 18006686868

 : CONNECT to 686868


<https://www.facebook.com/KidsHelpPhone/>


<https://twitter.com/KidsHelpPhone>

<https://www.instagram.com/kidshelpphone>

<https://www.youtube.com/user/KidsHelpPhone>

## Provincial Mental Health Crisis Line

 : <https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>

 : 1-888-429-8167

