

New Website Focuses on Teen Issues

A new website focused on helping Peel youth and parents with mental health and substance use issues has just been launched!

www.inurhead.ca

This site has information and videos on topics such as:

- stress
- depression
- loneliness
- pregnancy
- running away
- suicide
- self harm
- substance abuse
- anxiety
- bullying
- and more



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Please take note of the of the 24 hour crisis numbers located at the top left hand corner of the website.

