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## Kids Help Phone offers three important programs!

### Student Ambassador Volunteer Program:

The Student Ambassador Program instils citizenship and life-long volunteerism in today's youth by giving them the chance to contribute to the success and well being of their own generation. Student Ambassadors are trained in public speaking, leadership and team building, skills they use to raise awareness of Kids Help Phone in their schools. The Student Ambassador Program is tailored to the needs of the school community and to the skills and abilities of each Student Ambassador. Activities range from distributing Kids Help Phone awareness materials in schools, to speaking at an assembly about Kids Help Phone services. Students interested in the Student Ambassador Program can register online at [www.kidshelpphone.ca](http://www.kidshelpphone.ca).

### Kids Help Phone Counselling Services:

Kids Help Phone helps kids online at [www.kidshelpphone.ca](http://www.kidshelpphone.ca) in three ways:

- ∞ “Ask a Counsellor” allows kids to ask questions online and receive a counselling response or to view the questions others have posted and benefit from the responses.
- ∞ “Express Yourself” provides users with a safe place to express their feelings.
- ∞ “Help Yourself” provides information about issues affecting young people, so users can find answers for themselves.

Kids Help Phone professional counsellors are also available 24/7 everyday of the year over the phone at **1-800-668-6868**.

At Kids Help Phone we help all kinds of children and youth. We counsel children at risk, well-functioning kids facing a crisis and well-functioning kids dealing with the normal issues of growing up; Kids Help Phone services can be useful to each and every one of the students who attend Calgary schools. In fact, we helped kids in Calgary over 25,000 times last year alone.

### Kids Help Phone Public Education:

Kids Help Phone collects information about what issues kids contact us about; we make this information available to the public to foster a better understanding of youth. We encourage you to read our most recent research, “Make it Stop: Kids Talk to Kids Help Phone About Bullying”

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being  
there  
for kids

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