



Pexels photo

Seven general tips from public health experts about supplies parents might want to send their kids to school with.

## KIDS HELP PHONE OFFERS NEW RESOURCES FOR YOUTH

Kids Help Phone has added new resources to its list, to provide additional support for youth — just in time for back-to-school. The Canadian youth mental health service has reported that over the course of the COVID-19 pandemic, the number of youth reaching out to them has nearly doubled, and that "youth have consistently been at a higher risk of experiencing poor mental health compared to any other age group."

Kids Help Phone has seen a 45 per cent increase in texts about self-harm, a 42 per cent increase in texts about substance abuse, a 47 per cent increase in texts about eating or body image issues, a 53 per cent increase in texts about gender/sexual identity, a 43 per cent increase in texts about suicide and a 49 per cent increase in texts about grief, compared to the year prior, which the organization attributes to unknowns about back to school.

Here are some resources students can access online at [kidshelpphone.ca](http://kidshelpphone.ca).

### NEW RESOURCES:

- The Kids Help Phone checklist will help students dealing with changes throughout the school year.
- The Peer-to-Peer Community allows youth to connect directly with their peers and support one another.

### EXISTING RESOURCES:

- Youth can use Kids Help Phone's free texting service, available 24/7, by texting CONNECT to 686868.
- Youth can call the Kids Help Phone line at 1-800-668-6868 to speak to a counsellor at any time. Service is available in English, French and Arabic.
- Kids Help Phone support can be accessed through Facebook Messenger, where a crisis responder will be available to help.
- From 7 p.m. to midnight ET, youth can access a counsellor via Kids Help Phone's Live Chat.



# ENDS SOON!

## CR-V



MODEL RW2H8MJ5

THE 2021 **CR-V** | LEASE FROM **0.99%** APR FOR UP TO 48 MONTHS<sup>†</sup> ON ALL 2021 CR-V MODELS

PLUS GET A **\$1,000** HONDA BONUS<sup>^</sup> ON ALL 2021 CR-V EX-L MODELS

HONDA SENSING™ TECHNOLOGIES\* / HEATED FRONT SEATS / REMOTE ENGINE STARTER / PUSHBUTTON START

## ACCORD



MODEL CV1F2ME

THE **ACCORD<sub>SE</sub>**

GET **\$2,500** IN CASH INCENTIVES ON 2021 ACCORD SE MODELS<sup>†</sup>

HONDA SENSING™ TECHNOLOGIES\* / HEATED FRONT SEATS / REMOTE ENGINE STARTER / ADAPTIVE CRUISE CONTROL (ACC)\*



**HondaOntario.com**  
Ontario Honda Dealers

DEALER ORDER/TRADE MAY BE NECESSARY.



† Limited time lease offer available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Monthly payments include freight and PDI (\$1,870), tire & environmental fee (\$21) [This fee covers the cost to Honda Canada of collecting and recycling tires], A/C charge (\$100), and OMVIC fee (\$10). Taxes, licence, insurance and registration are extra. Representative Monthly lease example: 2021 CR-V EX-L (Model RW2H8MJ5) on a 48-month term with 48 monthly payments at 0.99% lease APR. Monthly payment is \$461.37 with \$0 down or equivalent trade-in and \$0 total lease incentive included. CR-V EX-L lease payment includes the \$1000 Honda Bonus. Down payment, \$0 security deposit and first weekly payment due at lease inception. Total lease obligation is \$22,145.68. 80,000 kilometre allowance; charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$32.00 and lien registering agent's fee of \$6.50, due at time of delivery are not included. 2021 CR-V EX-L shown in Radiant Red Metallic. Additional charge of \$300.00 applies for premium paint colour. <sup>^</sup>\$1000 Honda Bonus Available on 2021 CR-V EX-L Models only. Must be leased/financed through Honda Financial Services (HFS), on approved credit, and delivered by September 30, 2021. Honda Bonus: (i) will be deducted from the negotiated vehicle price after taxes; (ii) can be combined with lease or finance rates advertised by HFS; and (iii) cannot be applied to past transactions. No cash surrender or other value. Offer subject to change or cancellation without notice. Dealer order/trade may be necessary (but may not be available in all cases). See your participating Ontario Honda Dealer for details. <sup>†</sup>\$2,500 total customer cash purchase incentive is valid on any 2021 Accord SE model when registered and delivered between September 01, 2021 and September 30, 2021. Cash incentive is available for Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low-rate interest program. All advertised lease and finance rates are special rates. Customer cash purchase incentive will be deducted from the negotiated price after taxes. 2021 Accord SE shown in Platinum White Pearl. Additional charge of \$300.00 may apply for other premium paint colour. \*None of the features we describe are intended to replace the driver's responsibility to exercise due care while driving. Drivers should not use handheld devices or operate certain vehicle features unless it is safe and legal to do so. Some features have technological limitations. For additional feature information, limitations and restrictions, please visit [www.honda.ca/disclaimers](http://www.honda.ca/disclaimers) and refer to the vehicle's Owner's Manual. For all offers: licence, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at participating Ontario Honda Dealers from September 01, 2021 until September 30, 2021. Dealer may lease for less. Dealer order/trade may be necessary (but may not be available in all cases). Colour availability may vary by Dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit [HondaOntario.com](http://HondaOntario.com) for full details.