

# COPING STRATEGIES

Practice relaxation and  
meditation



Find a diversion or hobby



Organize your environment



Exercise



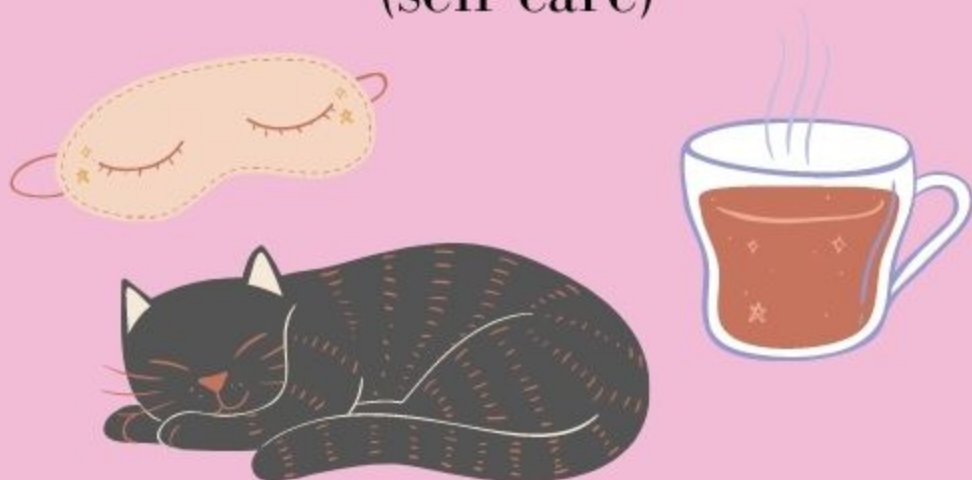
Spend time with loved ones



Write about your emotions in a journal



Set time aside for yourself (self-care)



Identify stressors and find solutions



Ask for help



Make a list of goals



Uncomfortable in school?

Something bothering you?

Need to talk?

Virtual



Counselling

Free immediate mental health counselling  
for Asian youth ages 12 to 25 .

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