

Mental Wellness Spectrum

Optimal Mental Well-being

Living with a mental illness does not mean you are not capable of functioning in positive and healthy ways!

Although this is the ideal state of functioning, remember to check in with yourself or your loved ones.

Serious Mental Illness

Living with a mental illness can be difficult. Do not be afraid to reach out to someone you trust, you deserve to receive help.

No Mental Illness

Individuals without any mental illness can still experience ups and downs. Seek out support during those bad days!

Poor Mental Well-being

Uncomfortable in school? Something bothering you?
Need to talk?



Virtual



Counselling

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

Available in English, Cantonese, Mandarin.





CALL 647-619-9030
OR EMAIL
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