

OFF

TRAIL

# Two heads are better than one!

## It's OK to ask for help!



Write, call or directly talk  
to someone you feel you can  
confide in



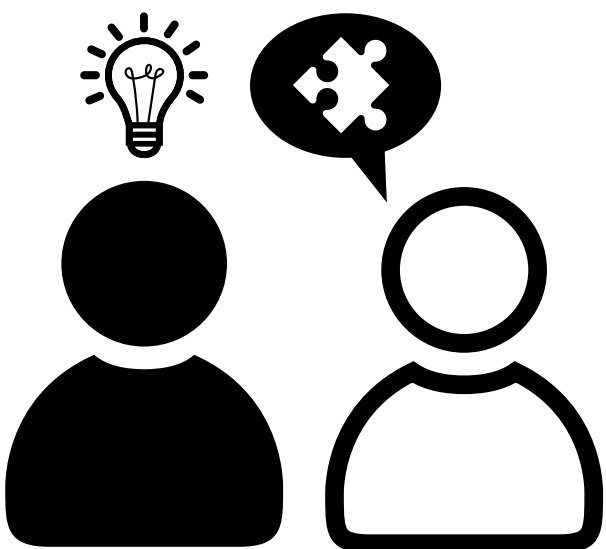
Ask someone  
to **support you** in facing  
a difficult situation



Ask a friend  
if they want to **do an activity**  
or take a walk together



Meet with a **professional**  
(school counsellor, youth centre,  
Aire ouverte, Tel-jeunes, etc.)



Financial contribution:



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



Université de  
Sherbrooke



Centre RBC  
d'expertise universitaire  
en santé mentale



This work is licensed under a [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/) licence. © *OFF-TRAIL program* by Centre RBC d'expertise universitaire en santé mentale (2025), Université de Sherbrooke.