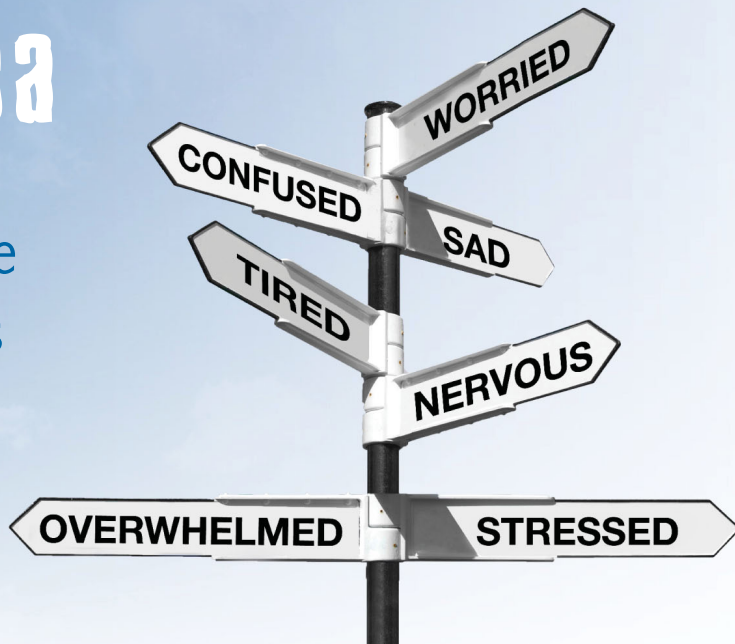


mindcheck.ca

A mental health resource
for teens & young adults



Stop wondering.
Start knowing.

Quizzes

What to look for

Self-care resources

Support & services

Educational resources

Friends & family