

**Explore my virtual office by clicking
on these objects:**

- iPhone – [Download app of the month](#)
- Red telephone – [Kids Help Phone](#)
- Bookshelves – Mental health websites
- Pillows – Qmunity and Crisis Centre Website
- Wall Poster – [Here to Help Info Sheets](#)
- Yellow Chair – [Erase Report It Tool](#)
- Laptop – contact Jen by [e-mail](#) to book an appointment

**It's
OKAY**
not to be
OKAY

