

CRISIS PHONE NUMBERS & WEBSITES



**Save these
resources to
your phone**

Emergency Help Line	911
Health Link	811
National Suicide Crisis Line	Call or text 988
Kids Help Phone	Text CONNECT to 686868 Call 1-800-668-6868 www.kidshelpphone.ca
Indigenous Support Line (North Zone)	1-844-944-4744
Indigenous Mental Health Help	1-855-242-3310 Online chat at www.hopeforwellness.ca
LGBTQIA+ Youth Talkline	800-246-7743 lgbthotline.org/youth-talkline/
Bullying Helpline	Call or text 780-310-1818 Online chat at alberta.ca/bullying-get-help
Family Violence Info Line	Call or text 780-310-1818
Suicide Distress Line	1-877-321-2747
Child Abuse Hotline	1-800-387-KIDS (5437)
Alberta's One-Line for Sexual Violence	Call or Text 1-866-403-8000
Peace Regional Women's Shelter	780-624-3466
Alberta Mental Health Helpline	1-877-303-2642
Walk in Counselling Services (Peace River)	780-624-6151
Alberta Addictions Helpline	1-866-332-2322
Alcoholics Anonymous (Peace River-Grimshaw)	780-618-4710 www.aa.org
Not sure who to call?	Call or text 211 or visit mykickstand.ca