

# Mental Health Supports

## For parents, guardians and families

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### Helplines

#### 911 Emergency Services

Ambulance, fire, and police

- Call 911
- Available 24/7 when you or someone you know is in immediate danger

#### 811 Alberta Health Link

Nurse advice and general health information for Albertans

- Call 811
- Available 24/7
- Help provided in more than 240 languages

#### 211 Alberta

Help finding information and referrals to community, social, health-related, and government services

- Call 211
- Text INFO to 211
- Chat online at [ab.211.ca](https://ab.211.ca)
- Available 24/7
- Help provided in more than 170 languages

#### Addiction Services Helpline

Help for problems with gambling, alcohol, tobacco, and other drugs

- Call 1-866-332-2322
- Available 24/7

#### Child Abuse Hotline

Help if you think a child or youth is being abused, neglected, or sexually exploited

- Call 1-800-387-5437
- Available 24/7
- Help provided in multiple languages

#### Bullying Helpline

Anonymous help if you or someone you know is experiencing bullying

- Call 1-888-456-2323
  - 8 a.m. to 8 p.m., 7 days a week
- Chat online at [Bullying – Find supports](#)
  - Noon to 8 p.m. daily
- Help provided in more than 170 languages

#### Calgary ConnecTeen

Confidential support for Calgary-area teens to get help from a peer who will listen and talk through issues

- Chat online at [calgaryconnecteen.com](https://calgaryconnecteen.com) to get peer support
  - Monday to Friday 3 p.m. to 10 p.m.
  - Saturday and Sunday 12 p.m. to 10 p.m.
- Text to 587-333-2724 to get peer support
  - Monday to Friday 3 p.m. to 10 p.m.
  - Saturday and Sunday 12 p.m. to 10 p.m.
- Call 1-403-264-8336 anytime 24/7 to connect with an adult volunteer and get peer support
  - Monday to Friday 5 p.m. to 10 p.m.
  - Saturday and Sunday 12 p.m. to 10 p.m.
- Email: [ConnecTeen@distresscentre.com](mailto:ConnecTeen@distresscentre.com) and get a response in 24 to 48 hours

#### Crisis Services Canada

Confidential suicide prevention support for anyone thinking about suicide or affected by it

- Call 1-833-456-4566
  - Available 24/7
- Text to 45645
  - 2 p.m. to 10 p.m. MST

## Family Violence Info Line

Anonymous help to deal with physical, verbal, emotional, financial and sexual abuse; neglect; stalking; or being forced to stay in one place or not see others

- Call 310-1818
  - Available 24/7
- Chat online at [alberta.ca/family-violence-find-supports](https://alberta.ca/family-violence-find-supports)
  - 8 a.m. to 8 p.m. daily
- Help provided in more than 170 languages

## Hope for Wellness Help Line:

Mental health counselling and crisis intervention for Indigenous people

- Call 1-855-242-3310
- Chat online at [hopeforwellness.ca](https://hopeforwellness.ca) in English and French
- Available 24/7
- Phone counselling can be requested in Cree, Ojibway, and Inuktitut

## Online Resources

### 211 Alberta Blog

- [ab.211.ca/211-alberta-services-blog/overview/](https://ab.211.ca/211-alberta-services-blog/overview/)
- [How to Make Your Home a Calming and Comfortable Space](#)

### Alberta government

- [Alberta.ca](https://alberta.ca)
- [COVID-19 info for Albertans](#)
- [K to 12 school re-entry](#)
- [Frequently Asked Questions on Novel Coronavirus \(COVID-19\) for Young Children and Students](#) (PDF)

### Anxiety Canada

- [anxietycanada.com](https://anxietycanada.com)
- [Coping With COVID-19](#)

## Kids Help Phone

Help for young people who need talk about their concerns privately and without judgement

- Call 1-800-668-6868
- Text CONNECT to 686868
- Military children and youth text CAFKIDS to 686868 (for families living in Canada)
- Available 24/7
- Professional counselling, information and referrals, and text-based support in English and French
- Get more information at [kidshelpphone.ca](https://kidshelpphone.ca)

## Mental Health Help Line

Confidential, anonymous help for mental health concerns such as depression, anxiety, suicidal thoughts, stress from caring for a family member with mental, physical or health challenges

- Call 1-877-303-2642
- Available 24/7
- Makes referrals to other agencies if needed

### Canadian Mental Health Association

- [alberta.cmha.ca/news/](https://alberta.cmha.ca/news/)
- [COVID-19 Outbreak – Protecting Your Mental Health](#)

### Centre for Addiction and Mental Health

- [camh.ca](https://camh.ca)
- [Mental Health and the COVID-19 Pandemic](#)

### Collaborative for Academic, Social, and Emotional Learning (CASEL)

- [casel.org](https://casel.org)
- [CASEL Cares Initiative Resources for COVID-19](#)

### MyWorkplaceHealth Blog

- [myworkplacehealth.com/blog](https://myworkplacehealth.com/blog)
- [Talking with children about public health emergencies like coronavirus](#)