



# Communities in Mind

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## NEED HELP?

*If you have a concern for yourself  
or a loved one, these free,  
confidential services are available  
24 hours a day, seven days a week.*

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Mental Health **Foundation**

We have a better future in mind.

## **Addictions Helpline**

1-866-332-2322

## **Alberta 211**

2-1-1 *Community programs/services*

## **Bullying Hotline**

1-888-456-2323

## **Crisis Text Line**

Text CONNECT to 741741

## **Emergency Income Support**

1-866-644-5135

## **Family Violence Info Line**

310-1818 *Referrals to supports*

## **Health Link 8-1-1** *Health advice*

## **Mental Health Helpline**

1-877-303-2642

## **Suicide Crisis Helpline**

9-8-8 *Call or text*

## **Support Network Distress Line**

780-482-HELP (4357)

## **Text4Hope**

Text HOPEAB to 393939

*Free supportive daily text messages*

## YOUTH SUPPORTS

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### Child Abuse Hotline

1-800-387-5437

### Kickstand Connect

[mykickstand.ca/connect](http://mykickstand.ca/connect)

*Free virtual mental health clinic*

### Kids Help Phone

1-800-668-6868 or

Text CONNECT to 686868

### MoreGoodDays

Text MoreGoodDays to 393939

*Free supportive daily text messages*

## ONLINE SUPPORTS

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### Virtual Mental Health

[ahs.ca/virtualmentalhealth](http://ahs.ca/virtualmentalhealth)

### Help in Tough Times

[ahs.ca/helpintoughtimes](http://ahs.ca/helpintoughtimes)



In a medical emergency

**CALL 911**

or visit the nearest emergency  
department.



*Scan code for more resources*

[mentalhealthfoundation.ca](http://mentalhealthfoundation.ca)