

MENTAL HEALTH PROGRAM HELP LINES ALBERTA

Help Line	Phone Number	Hours
Canada		
Emergency Services	911	24/7
Canada Suicide Prevention Service	1.833.456.4566	24/7
Crisis Text Line	Text CONNECT to 686868	24/7
Kids Help Phone	1.800.668.6868	24/7
First Nations and Inuit Hope for Wellness Line	1.855.242.3310	24/7
Alberta		
Health Link	811	24/7
Community Services Line	211 Text INFO to 211	24/7
Alberta Mental Health Help Line	1.877.303.2642	24/7
Alberta Addiction Help Line	1.866.332.2322	24/7
Bullying Help Line	1.888.456.2323	24/7
Family Violence Info Line	310.1818	24/7
Poison & Drug Info/Medication & Herbal Advice Line	1.800.332.1414	24/7
Child Abuse Hotline	1.800.387.5437	24/7
Income Support Contact Centre	1.866.644.5135	24/7
ConneCTeen	403.264.8336	24/7
Calgary Distress Line	403.266.4357	24/7
Edmonton Distress Line	780.482.4357	24/7
Calgary Women's Emergency Shelter Help Line (Domestic Violence)	403.234.7233	24/7
Grande Prairie Integrated Crisis Access Team	587.259.5513	9 am - 4 pm (Mo-Fr)
Southwestern Alberta Distress Line	403.327.7905	24/7
Wood's Homes Youth Community Response Team	1.403.299.9699 or 1.800.563.6106 or Text 1.587.315.5000 (9 am - 10 pm)	24/7 (limited hrs for texting)