

Basic Needs Supports: Emotional/ Mental Health Support

** Please note: all of these services have been checked to ensure that they are still providing support during these challenging times. As things develop, they may reduce or adjust services.

** If you are looking for a service that is not outlined below, please call 211 or visit <https://www.ab.211.ca/>

Distress Centre 403-266-HELP (4357)

- 24 hour support offered over the phone, online or via text message
- <https://www.distresscentre.com/need-help>
- ConnecTeen- 24-hour crisis line: 1-403-264-8336 (TEEN) with peer support available Mon-Fri, 3pm-10pm and Sat-Sun, 12pm-10pm

Kids Help Phone

- 24 hour online, text and phone counselling, information and referrals for children and youth
- Live chat support @ <https://kidshelpphone.ca/>
- Text message support: Text CONNECT to 686868
- Phone Support:1-800-668-6868

Addiction help line 1-866-332-2322

- 24 hour alcohol, drug, gambling and tobacco addiction information and referral to services

Mental Health Help Line 1-877-303-2642

- Anonymous and confidential information, support and referrals about mental health
- Crisis intervention provided if needed

Alberta Health Services Text4Hope Program:

- Free daily messages of advice and encouragement to support healthy personal coping skills and resiliency
- To subscribe text COVID19HOPE to 393939 to subscribe.
- This is one-way communication- You cannot respond to the message

