

CRISIS PHONE NUMBERS & WEBSITES

Emergency Help Line	911	 Save these resources to your phone
Health Link	811	
National Suicide Crisis Line	Call or text 988	
Kids Help Phone	Text 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	
2SLGBTQ+ Support	1-800-688-4756	
Bullying Helpline	Call or text 780-310-1818 Online chat at alberta.ca/bullying-get-help	
Family Violence Line	Call or text 780-310-1818	
Distress Line	1-877-321-2747	
Child Abuse Hotline	1-800-387-KIDS (5437)	
AB One Line for Sexual Violence	1-866-403-8000	
Peace Regional Women's Shelter	780-624-3466	
Mental Health Hotline	1-877-303-2642	
Addictions and Mental Health - Peace River	780-624-6151	
Addiction and Gambling Hotline	1-866-332-2322	
Alcoholics Anonymous	780-618-4710	
Not sure who to call?	Call or text 211 or visit mykickstand.ca	