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MENTAL HEALTH SUPPORTS



A monthly newsletter highlighting Mental Health programs available within the PRSD



Emergency Links & Phone Numbers

Addictions and Mental Health Helpline
(24-hour support)
1-877-303-2642

Peace River Addictions and Mental Health
780-624-6151

Kids Help Phone
1-800-668-6868

Indigenous Support Line
(North Zone & Area)
1-844-944-4744

mykickstand.ca

February 28 is Pink Shirt Day. With one in every five students affected by bullying, chances are you or someone you know has experienced bullying. To find support, or more information on bullying, please see the [following resource](#) on the Pink Shirt Day website.

If you, or someone you know, is experiencing bullying please let a trusted adult know. Support is also available by calling [Kids Help Phone](#), 1-800-668-6868 or texting 686868.



End bullying now by choosing kindness each and every time.
"WE RISE BY LIFTING OTHERS"



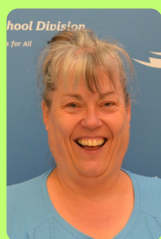
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