

WHEN YOU NEED SUPPORT, REMEMBER, YOU ARE NOT ALONE....



ADDICTION / SUBSTANCE

Addiction Services Helpline ... 1-866-332-2322
Addiction & Mental Health DV..780-542-3140

BULLYING

Bullying Helpline - call or text 310-1818

DISTRESS

iHuman Youth Society..... 780-421-8811
Kids Help Phone - Text CONNECT (686868) or call
1-800-668-6868
Distress & Suicide line (24 Hours) ... 780-428-4357
Crisis Hotline - Text 45645or call 1-833-456-
4566
First Nation & Inuit Helpline ... 1-855-242-3310

SEXUAL ASSAULT / ABUSE

Sexual Assault Crisis Line 1-866-403-8000
Zebra Child Protection Centre ... 780-421-2385
Child Abuse Hotline 1-800-387-5437

SHELTER

Youth Empowerment & Support Services (YESS) ...
780-468-7070
Camrose Open Door Association - Helpline 780-
679-4357 Office ... 780-679-6803

SUPPORTS

Brazeau Empowerment Support Team (BEST)
Youth Hub 587-464-0856
McMan Family Resource Network 1-877-994-
5465

VIOLENCE / CRIME

Family Violence Information 310-1818

2SLGBTQIA+

Brite Line 1-844-702-7483
Trans Lifeline 1-877-330-6366
Pride Center of Edmonton 780-488-3234
Youth Space - Text 778-783-0177 (6pm - 12am)

OTHER

Alberta Information ... 211
Emergency 911