

WHEN LIFE GIVES YOU LEMONS.... HAND THEM TO AN
ADULT AND ASK FOR HELP



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 help Line..... 888-456-2323

DISTRESS

Human Youth Society.....780-421-8811
Kids Help Phone..... text CONNECT (686868)
or call 800-668-6868
Teens Helping Teens Crisis Line.....780-428-8336
Distress & Suicide Line (24 hrs).....780-428-4357
Crisis Hotline.....text 45645
or call 833-456-4566
First Nation & Inuit Helpline..... 1-888-495-6588

SEXUAL ASSAULT/ABUSE

Sexual Assault Crisis Line.....866-956-1099
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.....780-679-6803

SUPPORTS

Brazeau Empowerment Support Team (BEST)/Youth
Hub.....780-514-9843
McMan Family Resource Network.....403-895-0152

VIOLENCE/CRIME

Family Violence Information..... 310-1818

2SLGBTQIA+

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

OTHER

Alberta Information.....211
Emergency.....911