

Resources



24/7 free and confidential
mental health service

Youth Text:

TALK to 686868

Call:

1-800-668-6868

**Calgary Police Non-
Emergency Line**

403-266-1234



24/7 free and confidential peer-
based chat and text helpline

Text:

587.333.2724

Call:

403-264-TEEN
(403-264-8336)



Health and social care for youth ages
12-24 from a trustworthy and caring
team of doctors, nurses, and social
workers

Call:

403-520-6270

Email:

youthinfo@thealex.ca



Reporting distribution of intimate
images of youth, and other types of
child exploitation

www.cybertip.ca/en/report



Support and assistance for removing
intimate photos online for youth
under the age of 18

Visit needhelpnow.ca/en

**Suicide Crisis Help
Line**

24/7 free support if you or someone
else is thinking about suicide

Call OR text:

988

Emergency

In an emergency,
always call

9-1-1

Health Link

24/7 free access to
speak with a
registered nurse for
health advice or
information

Call 811

Teacher Resources



Fear is not love: Connect Family Violence Crisis Line- 403.234.SAFE (7233), text 403.604.6689, or email help@fearisnotlove.ca- 24 hours emergency crisis phone line for family violence and abuse, intervention and prevention for women, children, youth and men.



.....
Access Mental Health: mental.health@albertahealthservices.ca 403-943-1500
Provides information, consultation and referrals to individuals residing in Calgary who have mental health concerns.



.....
Canadian Mental Health Association (CMHA): 403-297-1700 <https://cmha.ca/>
provides resources to people to maintain and improve mental health, build resilience and support recovery from mental illness.



.....
Urban Society for Aboriginal Youth (USAY): <https://usay.ca/local-resources/>
essential programming and services for Calgary's Indigenous youth between 12-29 years of age



.....
Skipping Stone Foundation: <https://www.skippingstone.ca/> (587)333-4342
leads the way in providing affirming care to trans and gender-diverse youth, adults, and families
with comprehensive and low barrier access to the support they need and deserve.



.....
Luna Child and Youth Advocacy Centre: <https://www.lunacentre.ca/> (403)424-5300
Supports children, youth, and families impacted by child abuse



.....
Family and Community Resource Centre through Alberta Health Services:
<http://fcrs.albertahealthservices.ca/community-links/> within there are different links such as basic needs, community resources, employment, health care, health services and youth programs.



.....
Black Youth Helpline: 1-833-294-8650 info@blackyouth.ca Culturally relevant perspectives to understanding and challenges faced by youth and families.



.....
Centre for Newcomers: www.centrefornewcomers.ca
Services and programs for immigrant youth to enable them to develop a sense of identity and belonging. Serving vulnerable youth with settlement into Canada and averting at-risk youth from criminal or gang involvement.

