For a List of In-Person Services

Contact Smoky Lake FCSS 780-656-3674

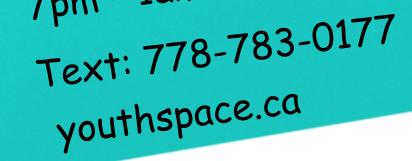


## Free Resources - For Youth

Kicks Helpphone.co



South Space Get in touch with a crisis worker who will provide support when you are feeling down or suicidal 7pm - 1am



24-Hour Bullying Helpline Call: 1-888-303-2642

Hope for Wellness

24/7 Mental Health Counselling and Crisis Intervention for Indigenous Peoples across Canada

Call: 1-855-242-3310 hopeforwellness.ca (Online Chat)

## Black Youth Black Youth Jala Jala Sali: 1-833-294-8650 Email: info@blackyouth.ca



The purpose of Togetherall is to help foster positive mental health and offer a safe, stigma free environment where people can work through what they are experiencing, using the peer support offered by the community. The community is moderated by mental health professionals.

(16+) available 24/7/365 togetherall.com/en-ca





