

**For a List of
In-Person
Services**
**Contact Smoky
Lake FCSS**
780-656-3674

Wellness **MENTAL** Wellness

Free Resources - For Youth

Youthspace
Get in touch with a crisis worker
who will provide support when
you are feeling down or suicidal
7pm - 1am
Text: 778-783-0177
youthspace.ca

Kids Help Phone
Support for youth under 18
24/7 Phone Line:
1-800-668-6868
Text: CONNECT to 686868
Live Chat: Wed-Sun,
2pm - 10pm (MST)
kidshelpphone.ca

Bullying Helpline
24/7, free and confidential support
by phone and online chat. We help
everyone in Alberta who may need
emotional support with bullying.
24-Hour Bullying Helpline
Call: 1-888-303-2642

Togetherall
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

**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
Helpline**
Call: 1-833-294-8650
Email:
info@blackyouth.ca
blackyouth.ca