

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



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



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

Text: 587.333.2724
Call: 403-264-TEEN
(403-264-8336)



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://fcrc.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.

