

Mental Health Supports

Phone Supports

- Kids Help Phone: 1-800-668-6868
- The Distress Line: 403-327-7905 OR 1-888-787-2880
- Mental Health Helpline: 1-877-303-2642

Chat/Text Supports

- Text CONNECT to 686868 (Kids Help Phone)
- Text CONNECT to 741741 (Crisis Text Line)
- Always There App
- The Lifeline App

Free Counselling Services

- Family and Community Support Services (free, in Coaldale): 587-370-3728
- Child and Adolescent Mental Health (free, in Lethbridge): 1-888-594-0211

Emergencies

Call 911