



CMHA Alberta Crisis Guide

ACCESSING HELP

Find mental health services in your neighbourhood


 ab.211.ca

 2-1-1



Mental Health Help Line

Available 24/7, offers help for mental health concerns for Albertans.

 1-877-303-2642



Kids Help Phone

Support and resources for children and youth.

 kidshelpphone.ca

 1-800-668-6868



First Nations & Inuit Support

Free national telephone crisis intervention and counselling support for First Nations and Inuit is available 24/7.

Hope for Wellness Help Line


 1-855-242-3310



Trans Lifeline

Crisis line for transgender youth and adults.

 translifeline.org

 1-877-330-6366



Local crisis centres

Find a local crisis centre near you.

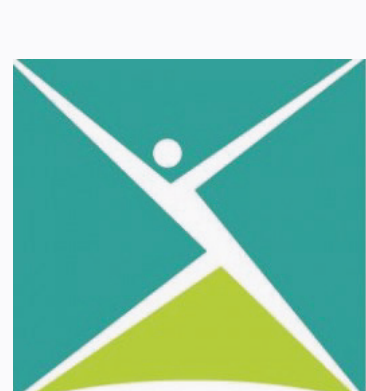
 suicideprevention.ca/need-help



Alberta Rural Distress Line

Offers crisis support for rural Albertans.

 1-800-232-7288



Canadian Mental
Health Association
Alberta
Mental health for all

alberta.cmha.ca