

# Wellness Resources

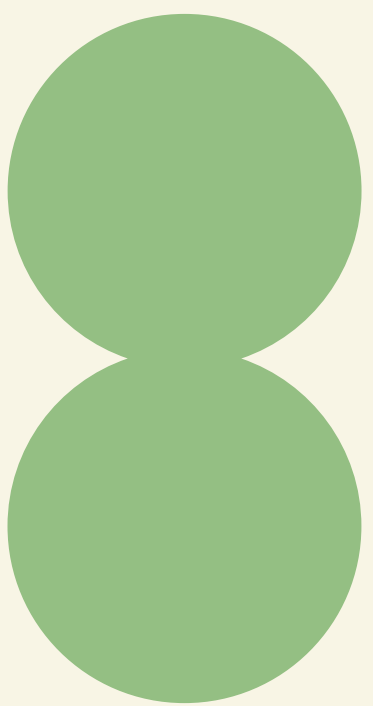


NEED TO TALK WITH SOMEONE  
BUT UNSURE WHO TO REACH  
OUT TO? SCAN THE QR CODE  
TO SEE READILY AVAILABLE  
HELPLINES.



**Many 24/7 supports available!**

## Canada-Wide Mental Health Resources



Explore what supports work for you! Scan  
this code to see resources available all  
across Canada.

Want to learn about stress, your  
brain, and supporting other  
people? Check out these  
educational resources!



# Wellness Resources



NEED TO TALK WITH SOMEONE BUT UNSURE WHO TO REACH OUT TO?  
CHECK OUT THESE HELPLINES

## 9-8-8 Suicide Helpline

Support to anyone who is thinking of suicide, or who is worried about someone they know. No one will be turned away.

9-8-8

Suicide Crisis Helpline

Call or text 9-8-8 anytime. Available 24/7

## Hope for Wellness Helpline

### Indigenous Hope for Wellness

Offers wellness support to all Indigenous people across Canada. Available in Cree, Ojibway (Anishinaabemowin), Inuktitut, French, and English.

Call 1-855-242-3310. Available 24/7

## Briteline

Provides mental health, addictions, and stress support for individuals in the 2SLGBTQIA+ community.



Call 1-844-702-7483. Available 24/7



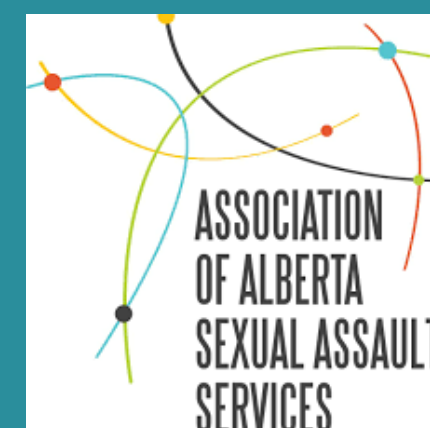
### Kids Help Phone (Ages 5-25)

Provides support for youth struggling with their mental health, or for those worried about someone else.

Call 1-800-668-6868 or text 'connect' to 686868. Available 24/7

## Alberta's One Line for Sexual Violence

Provides emotional support, information, and referrals to anyone who has been impacted by or experienced sexual violence.



Call or text 1-866-403-8000



### AHS Mental Health Help Line

A confidential service offering mental health support, information, referrals, and strategies for supporting your emotional well-being.

Call 1-877-303-2642. Available 24/7