

# Mental Health Resources

## Alberta Wide

All resources offer 24/7 support

*For Immediate Emergencies - Call 911*

**811**

Health Link: advice from a  
Registered Nurse

**1-877-303-2642**

Alberta Mental Health Helpline

**211 Alberta**

Community and Social Services

**780-482-4357**

CMHA Distress Line: Edmonton &  
surrounding areas

**1-833-456-4566**

Crisisservicescanada.ca  
Canadian Suicide Prevention Service

**1-800-232-7288**

CMHA Distress Line: Rural Areas

**1-866-332-2332**

Addiction Support

**1-800-668-6868**

Kids Help Phone: available to anyone  
under the age of 22

**1-800-799-7233**

National Domestic Violence Hotline

**1-800-387-5437**

Child Abuse Hotline

**1-844-702-7483**

Brite Line: support for  
2SLGBTQIA+ people

**1-877-330-6366**

Trans Lifeline

**1-866-925-4419**

Canadian Indian Residential Schools  
Crisis Line

**1-855-242-3310**

Hope for Wellness Line: offers  
immediate help to all Indigenous  
people across Canada

**togetherall.com**

Online peer-to-peer mental health  
support

**Not sure who to talk to? Call 211 first**



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