

MENTAL HEALTH RESOURCES

**NATIONAL MENTAL HEALTH RESOURCES**

<a href="#">Crisis Services Canada – Suicide prevention and Support</a> ➤ Call 1-833-456-4566 24/7/265 Send a text to 45625 4PM until midnight ET	
<a href="#">Government of Canada – Mental Health Support</a>	<a href="#">Centre for Addictions and Mental Health (CAMH)</a>
<a href="#">Canadian Mental Health Association</a>	<a href="#">Government of Canada – Mental Health – Coping with Stress</a>

**ALBERTA RESOURCES**

Mental Health Resources and Referrals Call or text 211 or go to <a href="http://www.ab211.ca">www.ab211.ca</a>	
Distress Centre Calgary / 24 hour Help Line Main Crisis line call or text 403.266.HELP (4357) ConnecTeen: (403) 264-TEEN Online chat and more information at <a href="http://www.distresscentre.com">www.distresscentre.com</a>	The Support Network Distress Line Serving Edmonton and surrounding areas Crisis 24 hours: 1-800-232-7288 Crisis 24 hours: (780) 482-HELP Seniors Abuse Helpline: (780) 454-8888
Salvation Army Community & Family Centres Hope Line – Mon – Friday, 9:00 am – 11:30 pm: (780) 424-9223 Greater Edmonton Area	Distress Line of Southwestern Alberta (Canadian Mental Health Association) Serving Chinook Health Region and south part of Calgary Crisis 24 hours: 1-888-787-2880 Crisis 24 hours: (403) 327-7905
	St. Paul & District Crisis Centre Serving all Alberta and Northeastern Saskatchewan Crisis 24 hours: 1-800-263-3045 Crisis 24 hours: (780) 645-5195

**WORKPLACE MENTAL HEALTH LINKS**

[Guarding Minds at Work - A Workplace Guide to Psychological Health and Safety](#)

[Workplace Strategies for Mental Health \(Provided by Canada Life\)](#)

[Canadian Centre for Occupational Health & Safety – Psychosocial Risk Factors](#)

***If you need help – you are not alone – talk to someone!***