



# Phone, Chat & Online Mental Health Resources

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If you are feeling actively suicidal, call 911.

**Mental Health Helpline (24/7)**  
1-877-303-2642

**Support Network Distress Line/Suicide Distress Line (24/7)**  
780-482-HELP (4357)

**Access 24/7 Helpline**  
(780) 424-2424

**Canada Suicide Prevention Service**  
Call: 1-833-456-4566 (24/7) || Text: 45645  
(4pm-midnight)

**Kids Help Phone**  
Call: 1-800-668-6868 || Text: 686868

- Live chat in Alberta on Wednesday to Sunday from 4:00 pm until midnight.
- <https://kidshelpphone.ca/> or phone application “Always There”
- [Other resources in Edmonton](#)

**Stollery Children’s Hospital - Child and Adolescent Addictions and Mental Health Crisis Line**

Call: 780-407-1000

Offers immediate crisis support to children/youth (ages 5-17) and their care providers. Therapists will determine, together with caregivers, if additional services are required at the time of the crisis call.

**Children’s Mental Health Mobile Response Team (MRT)**

Call: 780-427-4491

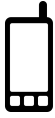
Offers immediate crisis support through their Crisis Line to children and adolescents (up to their 18th birthday) and their care providers. If required, crisis staff can attend the home.

**Hope for Wellness**

Call: 1-855-242-3310 (24/7)

Online chat: <https://www.hopeforwellness.ca/>  
(24/7)

Mental health counselling and crisis intervention for Indigenous Peoples across Canada.



### **Black Youth Helpline**

Call: 416-285-9944 or 1-833-294-8650

Email: [info@blackyouth.ca](mailto:info@blackyouth.ca)

Multicultural helpline and services, including support for youth, families, parents, and referrals.

- Website: <https://blackyouth.ca/>
- Online contact form: <http://blackyouth.ca/contact-us/>

### **Brite Line**

Call: 1-844-702-7483 (24/7)

A telephone support service for the 2SLGBTQIA+ community. The line is operated by trained staff and volunteers from the Canadian Mental Health Association – Edmonton Region.

### **Sexual Assault Centre of Edmonton (SACE) Support and Information Line**

Call: 780-423-4121 (9 am to 9 pm everyday)

Available for anyone who has experienced sexual assault or abuse, as well as those who are supporting anyone impacted by it.

### **Alberta's One Line for Sexual Violence**

Call or text: 1-866-403-8000

Online chat available (bottom right corner):

<https://www.sace.ca/>

Phone, text, and chat support to all Albertans who have been impacted by sexual violence. All services available from 9 am to 9 pm.

### **Togetherall**

<https://togetherall.com/en-ca/>

A free, anonymous online community staffed by mental health professionals where people ages 16+ can talk and support each other. Available 24/7/365.

### **Youthspace**

Text: 778-783-0177 (Free service for anyone in Canada. Available from 6 pm to midnight.)

Get in touch with a crisis worker who will text back and provide support for youth feeling down or suicidal.

### **Calgary Connecteen**

Online chat: [www.calgaryconnecteen.com](http://www.calgaryconnecteen.com)

(weekdays 3pm - 10pm; weekends 12 pm - 10 pm)

Call: 403-264-8336 (24/7)

Text: 587-333-2724 (weekdays 3pm - 10pm; weekends 12 pm - 10 pm)

Text and online chat support for all Alberta youth.



**Not sure where to call?** Dial 211 (in Alberta) to speak to an Information & Referral Specialist who can help connect you to the right community and social services.