

Help Right Now

Reaching out for help is an important step. Talk with someone you trust about how you feel.

Life can be overwhelming and there are supports available to you.

If you need help right now please use these telephone resources:

- If suicide is a possibility, call 911
- Alberta Mental Health Help Line: 1 (877) 303-2642
 - The Mental Help Line is a 24 hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing mental health concerns
 - The line is staffed by a multidisciplinary team of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.
 - The service provides:
 - confidential, anonymous service
 - information about mental health programs and services
- Alberta Addictions Helpline 1 (866) 332-2322
- Distress Line (Edmonton and area): (780) 482-4357
- Distress Centre (Calgary and area): (403) 266-4357
- Distress Line of South Western Alberta: (403) 327-7905
- First Nations and Inuit Hope for Wellness Help Line 1 (855) 242-3310
- Kids Help Phone 1 (800) 668-6868
- Rural Distress Line: 1 (800) 232-7288
- Seniors Abuse Helpline: 780-454-8888 Crisis 24 hours
- 211 is here to help you find the right community and social services. You can dial 2-1-1 to speak to an Information & Referral Specialist, or search the online community resource directory, or chat online with them from 12-8pm MT daily.

211-WHAT IS 211?

211 is an essential service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time. 211 is available 24/7 by phone, text and chat. The service is free, confidential and available in over 170 languages over the phone.

On a national level, 211 connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians to become more engaged with their communities.

Leduc

Family and Community Support Services (FCSS) provides free confidential support and resources to residents of the City of Leduc. Our staff has a strong working knowledge of local support services and are able to connect families, youth, adults and seniors with available programs and services, including:

- One-on-one support
- Outreach services
- Subsidized counselling
- Programs and workshops
- Community events

Email fcss@leduc.ca

Phone 780-980-7109