

Resources for your mental health (Bruderheim, Gibbons, Lamont area)

FOR IMMEDIATE HELP: TELEPHONE, TEXT AND ONLINE RESOURCES

If suicide is a possibility, call 911 or the Canada Suicide Prevention Helpline at 1-833-456-4566

- Alberta Mental Health Help Line: 1 (877) 303-2642
- Alberta Addictions Helpline: 1 (866) 332-2322
- Health Link: 811
- Crisis Text Line: Text CONNECT to 741741
- Crisis Services Canada: Call 1-833-456-4566 or text 45645
- Rural Distress Line: 1 (800) 232-7288
- 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 or text CONNECT to 686868
- Family Violence Info Line: 310-1818
- MyHealth.Alberta.ca: List of Important Numbers

COMMUNITY RESOURCES

211 Alberta - call, text or chat online for help finding community and social services.

Strathcona.ca/wellbeing - access a range of information about mental health and programming in the region.

Gibbons Family Resource Centre:
P: 780-923-2374

**Lamont County Family and
Community Support Services:**
P: 780-895-7404

MENTAL HEALTH PROGRAMS, ORGANIZATIONS AND TOOLS

Canadian Mental Health Association

Physician & Family Support Program: 1-877-767-4637

Canada Drug Rehab: 1-866-693-5053

National Eating Disorder Information Centre: 1-866-NEDIC-20

Income Support: 1-866-644-5135

CASA - Child, Adolescent and Family Health

Anxiety Canada

Teen Mental Health: Parents

DiveThru Mental Health and Wellness Platform