

## Resource List for Junior/High School Students:

This resource list is provided to support mental health and wellness needs during this time. If this is an **Emergency, please call 911.**

### Family School Liaison Program



#### How to Access Counselling Support:

- To access counselling supports virtually please contact your school office. The office will take your information and pass it along to your schools Family School Liaison Counsellor.
- The Counsellor will then contact you to discuss supports and schedule a session.

Visit the Horizon Family School Liaison Page for more information:

<https://www.horizon.ab.ca/programs/family-school-liaison-program2>

### Kids Help Phone



#### Kids Help Phone Contact information:

Call a Counsellor: 1-800-668-6868

Text: 686868

Search: kidshelpphone.ca

Message: Facebook.ca/CrisisTextLinepoweredbyKidsHelpPhone

<https://kidshelpphone.ca/get-involved/our-impact/in-the-community/alberta>

### Youth Addiction and Mental Health- Help 4 Me

#### Talk to Someone

Crisis and Distress Line

Southwest Alberta: **403-327-7905** or

toll-free **1-888-787-2880**

#### Find Help and Support in Your Community

Addiction Helpline:

**1-866-332-2322**

Mental Health Helpline:

**1-877-303-2642**

Health Link:

**811**

Alberta

**211**

<https://myhealth.alberta.ca/HealthTopics/youth-addiction-mental-health>



MyHealth.Alberta.ca



## Resource List for Junior/High School Students:

### 24 Hour Bullying Supports:

**Bullying Help Line:** 1-888-456-2323

**Bullying Helpline Chat:** to get help anonymously from 8 am to 8 pm, 7 days a week.

### Local Services Directory:

**Southern Alberta Distress and Suicide Prevention Line :** 403-327-7905 or toll free 1-888-787-2880 (Phone support 24 hours/day, 7 days a week).

**Taber Police Service:** 403-223-8991

**Taber Addictions and Mental Health:** 403-223-7244

**Taber Safe Haven:** 403-223- 0483

**Taber Food Bank:** 403-223-1833

**Alberta Works Hours:** 7:30 am to 8 pm (open Monday to Friday, closed statutory holidays), Toll free: 1-877-644-9992, Email: [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)

24-hour Emergency Income Support Contact Centre

Get [emergency financial assistance](#) to help with basic needs like shelter, food, clothing and transportation. Hours: 24/7, Toll free: 1-866-644-5135, Email: [css.iscc@gov.ab.ca](mailto:css.iscc@gov.ab.ca)

**Family Community Support Services:** 403-223-7230

**Taber/Vauxhall Victim Services:** 403-223-8991

**Taber MCC:** 403-223-4156



Visit the Horizon webpage for Weekly Wellness Updates

<https://www.horizon.ab.ca/our-division/news/post/weekly-wellness-update>



Visit Mental Health in Horizon Facebook's page for mental health and wellness information.

