



ALBERTA
BIBLE
COLLEGE

Mental Health

Need support?

You are not alone. Help is waiting.

Contact	Support Service (Available Across Canada)
988	Suicide crisis helpline
911	Emergency services for immediate danger Ambulance, fire, police
811	Health advice or info Provided by medical professionals
211	Community resources Local programs and services
Kids Help Phone	1-800-668-6868 Text CONNECT to 686868



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Local Crisis Lines

Distress Centre Calgary	Crisis Line: 403-266-4357 (HELP) Main Office: 403-266-1601
Addiction Helpline	1-866-332-2322
Mental Health Helpline	1-877-303-2642
Family Violence	310-1818

Indigenous Resources

National Indian Residential School Crisis Line	1-866-925-4419
Hope for Wellness Helpline	1-855-242-3310
MMIWG2SLGBTQQIA+ Crisis Line	1-844-413-6649