

Youth Support Resource List

Organization	Description	Website/Contact
Addictions Helpline	24/7 confidential service that provides support, information and referrals to Albertans experiencing addiction concerns, including problem gambling.	1-866-332-2322
AHS Addiction and Mental Health Services - Peace River & Area	Mental Health Services help individual and family members who are experiencing mental health problems. Walk-In counselling service available on Thursdays.	1-780-624-6151 Toll Free 1-877-823-6433
Alberta Health Services	Grande Prairie - Addiction & Mental Health Adult and Youth Intake (ICAT). Intake a brief one on one session with a member of the Integrated Crisis and Access Team.	1-587-259-5513 https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityId=1047873#contentStart
Alberta Health Services	Mental Wellness Moment, Dr. Nicholas Mitchell	https://www.albertahealthservices.ca/topics/Page17012.aspx
Alcohol Anonymous	Do you or someone you know have a problem with alcohol?	1-780-618-4710
BULLY FREE ALBERTA	Do you feel verbally, socially or physically intimidated repeatedly?	1-888-456-2323 (Toll Free)
Child Abuse Hotline	Are you being verbally, emotionally, sexually or physically abused by another person?	1-800-387-5437 (KIDS)
Community Actions for Mental Health & Well-Being (CAHWB)	A Manning-based committee dedicated to improving the overall health & wellness of our community (both physical & mental health)	https://www.facebook.com/CAHWB_Manning
Crisis Suicide Hotline	Are you or someone you know having suicidal thoughts?	1-800-232-7288
GPREP – Grande Prairie Regional Emergency Response	Mental Health Crisis Resources	https://www.gprep.ca/covid19/mentalhealth/
Indigenous Youth Crisis Hotline	Are you indigenous and in need of support?	1-877-209-1266
Jack.org	The Alberta COVID-19 Youth Mental Health Resource Hub powered by: Alberta Government, Jack.org, Kids Help Phone	https://jack.org/resources/covidAB?fclid=PAAabnO87-YeWO3KJxFraVPT1G1akDX8fs_-RwQK8jOOejCehiBzPr-6Clwmo

Kids Help Phone	Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people. Completely confidential.	www.kidshelpphone.ca 1-800-668-6868
LGBTQ Help Line	Do you have questions about your sexual orientation or need support?	1-800-688-4765
Mental Health Helpline	24/7 confidential service that provides support, information and referrals to Albertans experiencing mental health concerns	1-877-303-2642
Narcotics Anonymous	Do you or someone you know have a problem with drugs?	1-877-463-3537
PACE Sexual Assault & Trauma Centre	Have you been the victim of sexual assault?	1-780-539-6692
Peace Country Sexual Assault Hotline	Have you been the victim of sexual assault or abuse?	1-888-377-3223
Peace River Regional Women's Shelter	Our shelter offers women a safe and secure environment where they can access counselling, housing, and other supports. Open 24/7.	https://www.prrws.com/ 1-877-624-3466 (24/7)
RCMP	Are you in need of the police?	780-836-3769 or 911
Resource Centre for Suicide Prevention (Grande Prairie)	Resource Centre for Suicide Prevention (RCSP) provides community resources focusing on mental wellness and reduction of death by suicide. We offer programming for people of all ages, addressing mental health issues in children, teens, men and women of all ages from all walks of life.	https://www.sp-rc.ca/ 1-780-539-6680
Text4Hope (AHS)	Free daily text messaging services, evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke	To subscribe text COVID19HOPE to 393939.
The Distress Line	Provides confidential, non-judgmental and short-term crisis intervention, emotional support and resources to people in crisis or distress. We also support family, friends and caregivers of people in crisis.	780-482-4357 (HELP) https://edmonton.cmha.ca/online-crisis-chat/