

## **GET CONNECTED – MENTAL HEALTH SUPPORTS**

### ConnectTeen

- Phone 403-264-8336 (24 hrs)
- Text: 587-333-2724 (Evenings/Weekends)

### Distress Centre

- Phone: 403-266-4357 (24 hrs)
- Online Counselling: [www.distresscentre.com](http://www.distresscentre.com)

### Kid's Help Phone

- 1-800-668-6868

### Suicide Prevention Line

- 1-800-784-2433 (24 hrs)

### Woods Homes Crisis Response Team (CRT)

- Phone: 1-800-563-6106
- Text: 587-315-5000 (24 hrs)

### Alberta Health Services

- Access Mental Health Rural Intake Line: 1-877-652-4700  
or
- Access Mental Health, Chestermere:: 403-207-8773 Health Link: 8-1-1 or 1-866-408-5465

### Bullying Helpline

- 1-888-456-2323

### Strathmore RCMP

- 403-934-3535

### Community Crisis Society, Strathmore

- 403-934-6634

### Child & Family Services, Strathmore

- 403-934-1706

### Parent Link Center

- 403-983-0016

### SE Rockyview Food Bank

- 403-934-5335

### **Helpful Websites**

Aha! Parenting – Whether you're wondering how to handle a specific challenge, just figuring out your child- raising approach, or ready to tear your hair out, you've come to the right place!

<http://www.ahaparenting.com/>

Family & Community Resource Center – Patients, families, healthcare providers and community members have access to reliable and comprehensive information, resources and supports related to children's health and well- being.

<http://fcrc.albertahealthservices.ca/>

Information Prescription - Information Prescriptions provide a list of recommended resources on a variety of child health topics or chronic illnesses. Staff and community partners who have expertise in the clinical area have carefully chosen these consumer-friendly resources.

<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/>

Chestermere- Community Resources - Community Services develops, co-ordinates, and provides residents with a variety of preventive social programs. We help members of the community assess their needs and develop plans to meet them through a number of areas.

<http://www.chestermere.ca/Index.aspx?NID=17>

Alberta Family Wellness Initiative - The AFWI provides resources and symposia to bring key stakeholders together to help inform policy and practice in Alberta, so that we can create a common framework of understanding.

<http://www.albertafamilywellness.org/families-individuals>

Alberta Health Services - Alberta Health Services (AHS) is Canada's first and largest province wide, fully-integrated health system, responsible for delivering health services to the over four million people living in Alberta.

<http://www.albertahealthservices.ca/default.aspx>

Helping kids stay safe while online is something many parents are concerned about. Yet, as a parent, it can be difficult to stay up to date with new technology and how to best protect your kids.

<https://protectkidsonline.ca/app/en/>