

## **EXTERNAL PERSONAL SUPPORT SERVICES**

There are many ways to access assistance for various needs or issues that may arise in one's life. The following is a list of services that are experienced in working with teens and families in need. For a more comprehensive list, visit Student Services in room 122.

### **24 Hour Emergency Numbers**

Distress / Suicide Line	(780) 492 – 4357
Sexual Assault Centre	(780) 423 - 4121
Emergency Social Services	(780) 427 - 3390
Teens Helping Teens	(780) 428 – TEEN (8336)
Child Abuse Hot Line	1 – 800 – 387 – 5347
Kids Help Line	1 – 800 – 668 – 6868
<a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>	

### **Emergency Services**

The Support Network	(780) 482 – 4636
<a href="http://www.thesupportnetwork.com">www.thesupportnetwork.com</a>	
Child Adolescent and Mental Health Crisis Line	(780) 427 - 4491
Mental Health Help Line	1- 877 – 303 – 2642

### **Support Agencies**

Edmonton 211 (community connection)	211
Capital Health Link	(780) 408 – LINK (5465)
Psychologists' Association of Alberta Referral Line	(780) 428 – 8255
Child and Adolescent Services Association (CASA)	(780) 438 – 0011
University of Alberta Hospital Psychiatric Treatment Clinic	(780) 407 – 6501
AADAC (now Alberta Health Services)	(780) 422 – 7383
Alateen	(780) 433 - 1818

### **Emergency Shelters**

Youth Emergency Shelter	(780) 468 - 7070
LURANA Shelter	(780) 424 - 5875
WIN House	(780) 479 – 0058

### **Websites**

[www.youthone.com](http://www.youthone.com)

Youth One is an online peer support service (peer support forum and crisis chat) where young people can get and give support dealing with all kinds of issues. It has links to articles, research and other resources.

[www.cmha-edmonton.ab.ca](http://www.cmha-edmonton.ab.ca)

The Canadian Mental Health Association is a community center promoting mental health, education, and support.