



CHILDREN'S MENTAL HEALTH MATTERS

Northland School Division is here to help guide you towards support.

PHONE/TEXT FOR SUPPORT

Fast & confidential support is just a phone call away.

Community Resources:
Dial 211

Kids Help Phone:
1-800-668-6868 or
text CONNECT to 686868

Bullying Helpline:
1-888-456-2323

Addiction Help Line:
1-866-332-2322

Mental Health Helpline:
1-877-303-2642

Family Violence:
310-1818

Child Abuse Hotline:
1-800-387-5437

Crisis Text line:
Text CONNECT to 741741

COVID-19 Help:
Text COVID19HOPE to
393939

GRIEF

Seek assistance with grief by reaching out to a service that can help you navigate through a loss. Click the link below to find numerous resources that can assist you.

- ▶ [Grieving Together](#)

SEXUAL ASSAULT & LGBTQ2S+ SUPPORT

The links below provide direct support when struggling with gender diversity, sexuality, and sexual assault victims.

- ▶ [Pflag Canada](#)
- ▶ [Trans Equality Society of Alberta](#)
- ▶ [Sexual Assault Response Team](#)

INDIGENOUS SUPPORT

The following links are provided specifically for trying times in an Indigenous culture.

- ▶ [Alberta Native Friendship Centres Association](#)
- ▶ [Indigenous Health](#)
- ▶ [Indigenous Relations: Key Services](#)
- ▶ [Indigenous Suicide Prevention Workshops - Centre for Suicide Prevention](#)
- ▶ [Hope for Wellness Help Line - sac-isc.gc.ca](#)
- ▶ [Métis & Indigenous Children's Services Office Locations](#)
- ▶ [Native Counselling Services of Alberta](#)
- ▶ [Thunderbird Partnership Foundation](#)

MENTAL HEALTH, BEHAVIOURAL ADDICTION, & SUBSTANCE ABUSE

Discover help with mental health, behaviours, and substance abuse. with few of many resources available.

- ▶ [Addiction: Helping Others](#)
- ▶ [Alcohol](#)
- ▶ [Anxiety](#)
- ▶ [Cannabis](#)
- ▶ [Depression](#)
- ▶ [Gambling: How Can you Tell if It's a Problem](#)
- ▶ [Growing Up Online](#)
- ▶ [Mental & Behavioural Health](#)
- ▶ [Mental Health Meter](#)
- ▶ [Methamphetamine](#)
- ▶ [Opioids](#)
- ▶ [Opioid Dependency Program](#)
- ▶ [Promoting Positive Mental Health](#)
- ▶ [Substance Use](#)
- ▶ [You and Substance Use](#)
- ▶ [Addiction & Mental Health - Information for Albertans](#)
- ▶ [Narcotics Anonymous \(NA\)](#)
- ▶ [Cocaine Anonymous \(CA\)](#)

HELP WITH STRESS & SUICIDE

Stress:

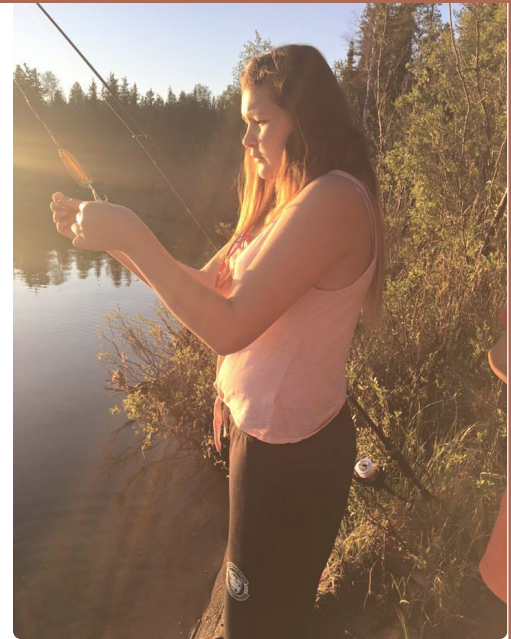
Look for ways to maintain & deal with stress.

- ▶ [Signs of Stress](#)
- ▶ [Stress Management](#)
- ▶ [Stress and Your Health](#)
- ▶ [Stress and Youth](#)
- ▶ [Stress in Children and Teenagers](#)

Suicide:

If you are a loved one are struggling with suicide or the loss of a loved one, plenty of online resources available, or call **833-456-4566**

- ▶ [Are You Thinking About Suicide?](#)
- ▶ [Do You Know Someone Thinking About Suicide?](#)
- ▶ [Suicide Prevention](#)
- ▶ [Warning Signs of Suicide](#)
- ▶ [After a Suicide: Everyone Grieves in Their Own Way](#)
- ▶ [Healing After a Suicide Death](#)
- ▶ [Healing Your Spirit: Surviving after the Suicide of a Loved One](#)
- ▶ [Helping Children Cope with a Suicide Death](#)
- ▶ [Hope and Healing After Suicide](#)



More Good Days:

"More Good Days" is a text message service that automatically sends you daily positive thoughts and inspiration. These simple messages can shift your perspective and give you something positive to build on.

To subscribe, simply text **MoreGoodDays** to **393939**.

If you want to learn more about virtual mental health support, visit the hyperlink below.

[Virtual Mental Health Supports](#)

ADDICTIONS & OTHER SUPPORT LINKS

Social & Community:

- ▶ [Crisis Services Canada: Local Resources & Support](#)
- ▶ [Emergency Women's Shelters](#)
- ▶ [Family Violence - Find Supports](#)
- ▶ [Foodbanks Alberta](#)

Addictions:

- ▶ [Alcoholics Anonymous \(AA\)](#)
- ▶ [Al - Anon](#)
- ▶ [SMART Recovery](#)
- ▶ [Gamblers Anonymous \(GA\)](#)