

# Suicide **Prevention** Resources

**Emergency** Call 911

**Alberta Health Link** Call 811

**211 Alberta** Call (24/7): 211

Text (24/7): Text INFO to 211

Online chat: <https://ab.211.ca/how-we-help/contact/>

**Talk Suicide Canada**

Call 1.833.456.4566 | Text 45645

[www.talksuicide.ca](http://www.talksuicide.ca)

**Canadian Association for Suicide Prevention**

Call 1.613.702.4446 | <https://suicideprevention.ca>

**Government of Canada – Mental Health Support**

Call 1.866.585.0445

Text WELLNESS: 686868 for youth | 741741 for adults

[www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html](http://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html)

**Alberta Mental Health Helpline**

Call (24/7): 1.877.303.2642

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

**Access 24/7**

Crisis Line (24/7): 780.424.2424

Access 24/7 offers a crisis line, can direct you to walk in services, addiction services and connect you to counselling

**Hope For Wellness Helpline  
(For Indigenous Peoples across Canada)**

Toll-free Help Line (24/7): 1.855.242.3310

Online chat: <https://www.hopeforwellness.ca/>

**Kids Help Phone**

Crisis Line (24/7): 1.800.668.6868

Text (24/7): Text CONNECT to 686868

Facebook Messenger (24/7): [KidsHelpPhone.ca/Messenger](https://www.kidshelpphone.ca/messenger)

**Brite Line (24/7 support for 2SLGBTQIA+ people)**

Call: 1.844.Prevention | 1.844.702.7483

<https://www.briteline.ca>

**Trans LifeLine - National Trans Help Line**

Call: 1.877.330.6366

Trans Lifeline is a grassroots hotline offering direct emotional support to trans people in crisis - for the trans community by the trans community

