HELP FOR ME

EMERGENCY NUMBER
911

24 HOUR CRISIS LINES
Bullying Helpline
1-888-456-2323
Bro Talk (Support for teen guys)
1-866-393-5933
Child Abuse Hotline
1-800-387-KIDS (5437)
Distress Line
780-482-HELP (4357)
Hope for Wellness
First Nations and Inuit help line
1-855-242-3310
Kid’s Help Phone
1-800-668-6868
Rural Distress Line
1-800-393-5933
Sexual Assault Crisis Line
780-422-2018
Suicide Crisis Line
1-800-448-3000

LIMITED HOURS SUPPORT
Bro Talk Chat (for teen guys)
www.brotalk.ca/
Children’s Mental Health Crisis Line
780-427-4491
Kids Help Phone Live Chat
kidshelpphone.ca/Teens/
AskUsOnline/Chat-counselling.aspx
Online Crisis Chat
edmonton.cmha.ca/
programs_services/online-crisis-chat/

WEBSITES
brotalk.ca
calgaryconnecteen.com
help4me.ca
itgetsbetter.org
jack.org
kidshelpphone.ca
lifesigns.org.uk
linkyeg.ca
mindyourmind.ca
mygsa.ca
needhelppnow.ca
reachout.com
seemescotland.org
sioutreach.org
 teens.drugabuse.gov
youthsmart.ca

MENTAL HEALTH TIPS
• Exercise! It releases endorphins!
• Get enough sleep.
• Eat healthy.
• Try to avoid unhealthy habits
  (cigarettes, drugs, alcohol, etc.).
• Surround yourself with people that
  encourage you to be healthy.

APPs
A Friend Asks
jasonfoundation.com
Always There
Kids Help Phone
Booster Buddy
Island Health
Calm in the Storm
Tactica Interactive
Happy Healthy
Makerlabs
The Lifeline
thelifelinecanada.ca
MindShift
Anxiety Disorders Assoc. of BC
Mind Your Mood
Mind Your Mind
PTSD Coach Canada
Veteran Affairs Canada
ReachOut Breathe
ReachOut Australia
Re leaf
Mind Your Mind
Saying When: How to quit drinking
or cut down
Centre for Addiction and
Mental Health
Stop Panic & Anxiety Self Help
Excel At Life

IF YOU CAN’T GO HOME
Boyle Street Community Services
780-424-4106
E4C – Inner City Youth Housing Project
(14-17 yrs)
780-479-7075
Hope Mission – Youth Shelter
(16-24 yrs)
780-422-2018
NOVA (16-24 yrs)
780-428-7590
YESS (Nexus) (15-24 yrs)
780-468-7070 extension 229

STRESS MANAGEMENT
1. Get organized and make a “to do” list
every day.
2. Jump in! Stop worrying and start doing.
3. Start with the tough stuff.
   (That means the rest will be easier!)
4. If something optional comes up, like
   an extra shift at work when you really
   need to study, or going out with friends
   when you need a good night’s sleep,
   it’s okay to say “NO”.
5. Reach out for help!
   We all need help sometimes.

The content of this booklet is for information purposes
only. We cannot guarantee the quality or suitability of the
organization, program, service, website, app, etc. 2018

CONTACT
CMHA - Edmonton Region
300-10010 105 Street NW
Edmonton, AB T5J 1C4
t: 780-414-6300
f: 780-482-7498
main@cmha-edmonton.ab.ca
www.edmonton.cmha.ca

WEBSITES
brotalk.ca
calgaryconnecteen.com
help4me.ca
itgetsbetter.org
jack.org
kidshelpphone.ca
lifesigns.org.uk
linkyeg.ca
mindyourmind.ca
mygsa.ca
needhelppnow.ca
reachout.com
seemescotland.org
sioutreach.org
 teens.drugabuse.gov
youthsmart.ca

Mental Health Association
Edmonton
Mental health for all
SELF-HARM
If you are hurting yourself intentionally in order to cope with difficult emotions, reach out and talk to an adult or professional. Developing healthy coping skills is the best way to stop. Transitioning to healthy strategies can be difficult and people often have setbacks. When the urge to self-injure is very strong, try:
• squeezing ice
• snapping an elastic band on your wrist
• drawing or writing on your skin instead

TAKE A BREAK!
• Take a mental vacation – imagine yourself anywhere you want to be.
• Create something – draw, sculpt, build, knit, film, blog, etc.
• Laugh – seek out funny videos, comics, books, pictures, etc.
• Spend time with animals or in nature.
• Be kind to yourself – take a bath, drink tea, go to bed early, etc.

HOW TO HELP A FRIEND WHO IS STRUGGLING OR HAS A MENTAL ILLNESS
• Encourage them to reach out to a caring adult or professional.
• Spend time with them and remind them you care.
• Avoid judging them even if you don’t understand exactly what they are going through.
• Learn more about the problem or illness.
• If they are hearing voices, can’t sleep or eat, are harming themselves, or doing dangerous things – connect them to someone who can help (like a parent or guardian, teacher, counsellor, or doctor).
• Call 211 to learn about specific services for your friend and for you.

POSITIVE AFFIRMATIONS
Try changing your self-talk!
• I am strong and I can do this.
• I will keep trying.
• I am doing my best.
• I matter and what I can offer also matters.
• Progress is progress, no matter how small.

IF YOU ARE WORRIED A FRIEND MIGHT BE THINKING ABOUT SUICIDE:
1. Ask them directly (even if they seem only to be joking)—“are you thinking about suicide?”
   Asking someone about suicide will NOT make them suicidal—it may save a life
2. Listen without judgement.
3. Encourage them to seek support: call a 24 hour crisis line; offer to go with them to talk to a counsellor, or their parent or guardian, or to see a doctor. If they don’t reach out to an adult, do it for them – their life is at risk.
4. Follow up to see how things went and ensure they are getting support from an adult or professional.

REMEMBER:
 Sometimes, even with our best intentions, suicide does happen. If your friend takes their own life, it is not your fault.

SUPPORTS FOR YOUR MENTAL HEALTH
For more information and referrals call 211
AHS – Addiction Services Youth Counselling (under 18)
780-422-7383
AHS – Eating Disorder Program
780-407-6114
AHS – Mental Health Help Line
1-877-303-2642
AHS – Walk-In Therapy (6-17 yrs)
780-342-2710
CMHA – Suicide Grief Support Program
780-482-0198
CASA Child, Adolescent and Family Mental Health
780-400-2271
City of Edmonton Community Services
780-496-4777
Drop-In Single Session Counselling
dropinyeg.ca
Edmonton Mennonite Centre for Newcomers
780-423-9696
Momentum Walk-in Counselling
780-757-0900
Native Counselling Services of Alberta
780-451-4002

SUICIDE
If you are going to take your life, call 911 and get the emergency help you deserve.
If you are considering suicide, reach out to a friend and then connect to an adult or professional. Talk to a parent or guardian, a teacher, a counsellor, a doctor, or other caring adult.
You can also call one of the 24 Hour Crisis Lines found in this booklet.
You are not alone. There is help! Keep reaching out until someone listens and you get the support you need. With help you CAN feel better.

IF YOUR FRIEND IS TALKING ABOUT ATTEMPTING SUICIDE:
If your friend is texting, posting, or talking about suicide, DO NOT KEEP THIS A SECRET – Call 911 – your friend’s life is in danger and this is an emergency.
If you are afraid your friend will be angry with you for telling an adult remember, you would rather a mad friend, than a dead friend.

OTHER SUPPORTS
For more information and referrals call 211
AHS - Adolescent Pregnancy Clinic
780-735-6892
Bent Arrow: Traditional Healing Society
780-481-3451
Boyle Street Community Services
780-424-4106
Child and Youth Advocate
780-422-6056
Compass Centre for Sexual Wellness
780-423-3737
E4C
780-424-7543
Edmonton’s Food Bank
780-425-4190
REE START (16-21)
780-428-7590
iHuman Youth Society
780-421-8811
Old Strathcona Youth Society
780-496-5947
Pride Centre of Edmonton
780-488-3234
Terra Centre for Teen Parents
780-428-3772
Youth Empowerment and Support Services (YESS)
780-468-7070