

Self-Harm, Suicide, and Mental Health Resources

Your child has disclosed they are engaging in self-harm and/or suicidal thoughts, now what? See the resources below for more information as well as virtual and community supports.

If at any point the suicide threat seems real, and your child has a specific [suicide plan](#) or you feel like your child's self-harm behaviour puts their physical safety in danger, do bring your child to the nearest hospital's emergency department or call 911.

Help lines, text, messenger and online chat supports

Students having thoughts of suicide or their caregivers can call **Health Link** at 811 or the **Mental Health Help Line** at 1-877-303-2642, available 24 hours a day, 7 days a week.

Text and online chat options are available for **all Alberta youth** through **Calgary ConnectTeen**, Monday-Friday 3pm-10pm and Saturday, Sunday 12pm-10pm. Visit calgaryconnectteen.com or text 587-333-2724.

The federal **First Nations and Inuit Hope for Wellness Help Line** at 1-855-242-3310 is available 24 hours a day, 7 days a week. Clients can also access an online chat at [Hope for Wellness](#).

Kid's Help Phone Call 1-800-668-6868 to speak with one of our professional counsellors 24/7. You may also be able to call us using a computer! [Read more about VoIP here](#).

Kid's Help Phone Text CONNECT to 686868 to reach a trained volunteer Crisis Responder 24/7.

Kid's Help Phone on Facebook Messenger Did you know you can use Facebook Messenger to access Kids Help Phone's free 24/7 e-mental health support? Find them on Facebook Messenger as "Crisis Text Line powered by Kids Help Phone."

On **Instagram** follow @kidshelpphone @youth_mental_health

Community Resources

Red Deer Outreach Centre (formerly Suicide Information and Education Services)
<https://theoutreachcentre.org/> or call (403) 347-2480

For **community counselling resources** see the [Red Deer & Area Resource Guide](#) available here
<https://www.rdcrcs.ca/schools/fsec>.

Call **211**, text "INFO" to **211** or chat online at <https://ab.211.ca/> for more information on social, community, health and government services in **Alberta**.

Additional Information

AHS Information on Self-harm and Youth

<https://myhealth.alberta.ca/alberta/Pages/self-harm-and-youth.aspx>

AHS Information on Suicidal Thoughts or Threats

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwld=suicid>