



Mental Health Supports

Hinton and Beyond

In your school

- A Family School Liaison Counsellor who is a trained supportive counsellor.
 - To access you just need to go to the front desk and ask.
- BEST Coach (Mental Health Capacity Building in Schools)
 - Wellness coach works with students and staff to promote positive mental health.
- Your teachers.



In your community

- 911 emergency services - If you or someone you know is in immediate risk of harm to self or others.
- Alberta Health Services - Trained Mental Health Therapists- FREE OF CHARGE
 - Call with your parent/guardian **780-865-8247** to make an appointment.
- Alberta Health Services - ADDICTIONS - FREE OF CHARGE
 - Call with your parent/guardian here **780-865-8263** to make an appointment.
- West Yellowhead EFAP- Trained Psychologist - Sliding scale/ covered by many insurance companies .
 - Call **780-865-1333**

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- Burden Bearers Counselling Services.
 - Call **780-865-7022** to make an appointment.
 - Bridges-Support and community programming for people with mental health needs
 - Call **780-865-4464** for more information.



Provincial/ National help lines

- Yellowhead Distress Line (FREE)- Trained volunteers that listen to help you with resources.
 - **1-800-232-7288**
- Kids Help Phone (FREE)- 24 hour/ confidential link to trained volunteers to support. Also a chat line available 4pm to midnight thru their website
 - **1-800-668-6868**
- Bullying Hotline (Free) - 24 hr confidential link to trained volunteers to provide support
 - **1-800-456-2323**