



People...our natural resource.

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Suicide Prevention Supports and Resources for Chestermere and SE Rocky View County Residents

Help is nearby if you are looking for more information on suicide or need to talk to someone for immediate assistance. We have compiled a list of local and accessible suicide prevention supports for residents of Chestermere and SE Rocky View County.

In Crisis? 24 Hour Support from:

Suicide Prevention Lifeline: 1-800-273-8255
Distress Centre: Crisis Line: (403) 266-4357
ConnecTeen: (403) 264-TEEN or www.calgaryconnecteen.com
Kids Help Phone (20 and younger): 1 – 800 – 668 - 6868
Woods Homes Crisis Helpline: (403) 299-9699

Need Extra Support?

Addictions and Mental Health
Services Chestermere: Intake Line 1-877-652-4700
Access Mental Health: Child and Adolescent: (403) 943-1500 Ext. 1.
Adult and Senior: (403) 943-1500 Ext. 2.
GLBT National Help Centre: 1-888-THE-GLNH (1-888-843-4564) or
<http://www.glnh.org/>

Looking for More Information?

Canadian Mental Health: <http://calgary.cmha.ca/> or (403) 297-1700
Centre for Suicide Prevention: <http://suicideinfo.ca/> or (403) 245-3900
Canadian Association for Suicide Prevention: <http://suicideprevention.ca/>

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