

National Supports and Resources



Free, confidential support services for kids, teens & young adults

Call 1-866-925-5454
Text 686868



Support for youth & families

416-285-9944
1-833-294-8650
(Toll-Free)

Hope for Wellness Helpline

Mental Health support for Indigenous peoples

1-855-242-3310



Mental Health support for Muslim youth & others

1-866-627-3342



Call 9-8-8
Text 9-8-8



Parents whose children are experiencing/experienced gambling harms.

parentsstandingtogether.org



Peer support and resources for 2SLGBTQ+ young people

647-694-4275
askus@youthline.ca



Offering direct emotional and financial support to trans people in crisis

(877) 330-6366



Youth-centered information and resources; links to supports

Responsiblegambling.org/for-youth-and-young-adults/



Local Supports



Provincial information about gambling including specific to young people

myhealthalberta.ca

Alberta Addiction Helpline

1-866-332-2322 – 24/7, confidential, includes gambling

Alberta Mental Health Help Line

1-877-303-2642 – 24/7 support, information and referral

211 Alberta

Dial 2-1-1 or ab.211.ca – gambling supports and community services

AGLC Self-Exclusion Program

GameSense Info Line 1-833-447-7523
<https://www.selfexclusion.ca/s/>

Gamblers Anonymous Alberta

albertaga.ca

Gam-Anon

gam-anon.org

CMHA AB Recovery College Courses

alberta.cmha.ca/what-we-do/cmha-in-albertas-projects/alberta-recovery-colleges/

Recovery on Campus

ucalgary.ca/commitments/recovery-on-campus) ucalgary.ca/about/commitments/recovery-campus/alberta-wide-supports

Other Supports:

- Friendship Centres
- Elders
- Faith-based organizations
- Community non-profit organizations
- Credit Canada (financial counselling)
- School counsellors
- Campus health services