

# Mental Health Resources for Students, Parents and Families



Alberta Indigenous Virtual Care Clinic  
Students age 13 and older can access virtual  
medical and mental health supports.

[AIVCC.CA](https://www.aivcc.ca)

Kids Help Phone  
text: 686868  
call: 1-800-668- 6868

[KIDSHELPPHONE.CA](https://www.kidshelpphone.ca)

Small Bits of Happiness  
Designed by teens to support  
teens and parents through the  
challenges of the teen years.

[SMALLBITSOFHAPPINESS.COM](https://www.smallbitsofhappiness.com)

ConnecTeen  
Teen and Youth Mental Health  
Helpline with 24 hour call,  
text or chat support

[CALGARYCONNECTEEN.COM](https://www.calgaryconnecteen.com)



[NSD RESOURCES FOR FAMILIES](#)

Student Mental Health Toolkit  
Provides stigma free education and  
resources to support young people in  
their mental wellness journey.

[STUDENTMENTALHEALTHTOOLKIT.COM](https://www.studentmentalhealthtoolkit.com)



### Some Other Solutions

Mental Health Services and Support to the community of Fort McMurray with a 24/7 Crisis line.

[SOMEOTHERSOLUTIONS.CA](https://www.someothersolutions.ca)

CASA Mental Health  
Serving Northern and Central Alberta providing Mental Health support for all

[CASAMENTALHEALTH.ORG](https://www.casamentalhealth.org)

### Woods Homes

A mental health center that offers support 7 days a week through call, text, live chat and a wellness desk.

[WOODSHOMES.CA](https://www.woodshomes.ca)

The Hive - Youth Hub  
Bonneyville, AB  
Youth Support Services,  
Wellness and programs.

[THEHIVELAKELAND.CA](https://www.thehivelakeland.ca)

### Jack.org

Indigenous Mental Health Resources  
For Indigenous Youth, curated by  
Indigenous youth

[JACK.ORG](https://www.jack.org)

Stigma Free Mental Health  
Education and resources to provide stigma free  
mental well being.

[STIGMAFREEMENTALHEALTH](https://www.stigmamentalhealth.org)