

# World Restart A Heart

Two hands can save a life!

## **Important Phone/Text Numbers**

- Community Resources – [211 Alberta](#)
- Crisis Text Line - Text CONNECT to 741741
- [Family Violence – Find Supports](#) – 310-1818
- [Health Link](#) – 811
- [Income Supports](#) – 1-866-644-5135
- [Indian Residential School Survivors and Family, IRSSS](#) – 1-866-925-4419
- [Kids Help Phone](#) – 1-800-668-6868 or text CONNECT to 686868
- [MyHealth.Alberta.ca: List of Important Numbers](#)
- [Physician & Family Support Program](#) - 1-877-767-4637
- [Talk Suicide](#)

## **Social supports**

- [Provincial Family Violence Treatment Program | Alberta Health Services](#)
- [Home - Centre for Suicide Prevention \(suicideinfo.ca\)](#)
- [Get Help | Talk Suicide Canada](#)
- [Shelters Directory - Alberta Council of Women's Shelters \(acws.ca\)](#)
- [Home - FCSSAA](#) Family and community support services of Alberta
- [Family violence – Find supports | Alberta.ca](#)
- [Sexual Assault Response Team | Alberta Health Services](#)
- [Hope for Wellness Helpline \(sac-isc.gc.ca\)](#)
- [Métis and Indigenous Children's Services offices | Alberta.ca](#)
- [Child and youth addiction and mental health \(alberta.ca\)](#)
- [Grief: Helping Children Understand \(alberta.ca\)](#)
- [Grieving Together | Alberta Health Services](#)
- [Pflag Canada | For All Families](#)
- [Growing up online \(alberta.ca\)](#)
- [Stress in Children and Teenagers \(alberta.ca\)](#)
- [Children and Suicide \(alberta.ca\)](#)

## **Emergencies & Disasters**

- [Alberta Ready – Are You Prepared?](#)
- [Flood Resources & Safety Information](#)
- [Wildfire Resources](#)