



Sometimes we all need a little help.
Here are some suggestions.

On your phone

Free help 24/7 and you don't have to give your name:

*Kid's Help Phone (to age 20)	1-800-668-6868
Healthlink	811
Kid's Help Text Line	686868
Peace Country Sexual Assault Line	1-888-337-3223
Aids and STI Information	1-800-772-2437
Odyssey House Women's Shelter	780-532-2672

Free helping Apps (Always there)

Mindshift
Headspace
7 Cups Online Chat

**Call Kid's Help Phone first, best resource for youth*

In Grande Prairie & Area

The Gryphon and Phoenix Youth Groups

10014 99st Call or text 780-539-7142
*Not coping well? We can help.
1 day workshops for teens ages 12-18
1 day workshops for pre-teens 9-11*

Community Helpers

10014 99st 780-539-6680
helpers@sp-rc.ca
Peer support and mental health training for youth, to help reduce stigma and increase awareness in regard to mental health issues surrounding youth. Could be throughout all school districts in GP and area.

Youth Emergency Shelter (Sunrise House)

9309 109 Ave 780-593-3287
We provide meals, clothing and personal care items based on need. 24 hours a day/7 days a week.

PACE

10031 103 Ave 780-539-6692
Sexual assault centre offers information & support. Provides a variety of services including crisis intervention, family support, educational workshops and counselling services involving sexual abuse, sexual assault, child abuse and trauma

Cool Aid Society (2 Locations)

9667 Hillcrest Drive 780-532-9004
9645 Prairie Road 780-357-9354
Drop-in programs for grades 1-12 offering friendships, guidance and support for youths grades 1-12, Mon-Fri, 10 AM to 6 PM

Northreach LGBTQ & Youth Supports

9613 98 St 780-538-3388
*Thursday night drop in program.
Free condoms & necessities, plus a library.*

Pregnant & Parenting Teens

9625 Prairie Rd 780-538-3854
Information and support for young parents.

John Howard Society

#200, 10135 101 Ave 780-532-0373
*Youth & anger management programming.
Tabono – an alternative learning environment.*

Friendship Centre

10507 98 Ave 780-532-5722
Pitone Youth Group

ICAT – AHS Integrated Crisis and Access Team

3rd floor, Aberdeen Centre 9728 101 Ave 587-259-5513
Mon-Fri 9 AM – 4:30 PM, closed Stat holidays. For those concerned about their own or someone else's alcohol, substance use, gambling, and/or mental health. Single point of access of children, youth, adults, and their families

In School

School counsellors – Addictions counsellors –
Mental Health Therapists – School Liaison Workers
FMNI Counsellors – Gay-straight alliances
Trusted teachers - Friends



Last Update September 2020



Some good Facebook Resources Are:

The Gryphon Group	www.facebook.com/GryphonGroupGP
Community Helpers	www.facebook.com/CommunityHelpersGP
LGBTQ Youth GP	www.facebook.com/lgbtqyouthgp



Some good website resources are:

Resource Centre for Suicide Prevention	www.sp-rc.ca
Grande Prairie Youth Information	www.goyouth.ca
Kids Help Phone Online	www.kidshelpphone.ca
Your Life Counts	www.yourlifecounts.org
Teen Mental Health	www.teenmentalhealth.org
Information about Anxiety	www.anxietybc.com
Information about Depression	www.studentsagainstd Depression.org
Support for youth in foster care	advocate.gov.ab.ca

Be Kind to me...

Treating each other with kindness and respect makes the world a better place for everyone.

Take the kindness Challenge:

- Be Respectful
- Listen to others when they speak
- Value each other's opinions
- Be sensitive to feelings and considerate of likes and dislikes
- Try not to mock, tease or criticize
- Try not to pressure friends into making choices they are uncomfortable with
- Be a true Canadian and show interest in other people's ethnic and cultural differences
- Accept that we are all different, and that is a good thing
- Turn away from prejudices and racist attitudes
- Avoid stereotyping people – get to know them instead.

