



Need to Talk?

Ladies, if you would like to connect with a woman from our church please text "TALK" to 587-323-1199.

Tell us what is going on and how you would prefer to "meet." We are available through a phone call, Zoom meeting, video chat (such as Facebook, Whatsapp or Google Hangout).

If this is a need that may require a little extra, more urgent or professional support, please consider the following resources that are also available:

Alberta Health Services has resources and services, such as **Text4Hope**, available to help you or someone you know. Remember, if you are struggling you are not alone. There are supports in place to help you.

Help During Tough Times: [Click here.](#)

Get Help Now:

- Emergency - 911
- Health Link - 811
- Important Phone Numbers
 - Addiction Helpline - 1-866-332-2322
 - Community Resources - 211 Alberta
 - Family Violence - Find Supports - 310-1818
 - Income Supports - 1-866-644-5135
 - Kids Help Phone - 1-800-668-6868
 - Mental Health Helpline - 1-877-303-2642
 - MyHealth.Alberta.ca: [List of Important Numbers](#)
 - [Toll Free Crisis Line / Distress Centres](#)
 - Suicide Hotline: 1-800-SUICIDE (784-2433)
 - Mental Health Hotline: 1-877-303-2642
 - Kids Help Line: 1-800-668-6868