



NEED HELP OR SOMEONE TO TALK TO?

ADD THESE NUMBERS TO YOUR PHONE NOW!

YOU SHOULD KNOW:

DISTRESS CENTRE: 403-266-4357

When? Call this number **24 hours a day, 7 days a week, 365 days a year**

Who? Anyone of any age can call this number

Why? Call and talk to them about **anything** that's worrying you or stressing you out. Call them even if you just need someone to talk to!

KIDS HELP PHONE: 1-800-668-6868

When? Call this number **24 hours a day, 7 days a week, 365 days a year**

Who? Anyone under 20 can call this number

Why? Call and talk to them about anything that's worrying you or stressing you out. Call them even if you just need someone to talk to!

AMBULANCE/FIRE/POLICE: 911

When? This number is for **EMERGENCIES ONLY**. An emergency is when you or someone else needs help from the police, fire department or ambulance services right away. **If you are in an emergency, call any time, 24 hours a day, 7 days a week, 365 days a year.**

Who? You don't have to be an adult to call 9-1-1; anyone can call 9-1-1 if they need help right away.

What should I do? Remember to stay calm and speak slowly. Tell the 9-1-1 call-taker what's wrong and where you need help. Stay on the phone until the 9-1-1 call-taker tells you to hang up. You should know the address of your house or any place you are when you call 9-1-1.

FFCA High School Counsellor

If you need support or need to talk **during regular school hours**, Mrs. Milburn or Mr. Shivji are available to help. How do you find them? Go to the front office and ask for the counsellor's or fill out a yellow appointment form for them.