



**If you're having a
problem, there are many
people who can and
want to help.**



Visit sturgeon.ab.ca for more resources.

Are you being
BULLIED or
having ***CONFLICT***
with others?
Never be afraid to
ask for help.

1. **TALK** with your parents, principal, school counsellor and/or a teacher.
2. **CALL** the Crisis Support Centre at 780.482.HELP (4357) or the Kids Help Phone at 1.800.668.6868.

Are you feeling
SAD and ***ALONE?***
Don't know where
to turn?
There is HELP.
There is HOPE.

MENTAL HEALTH CRISIS
780.427.4491

BULLYING HELPLINE
1.888.456.2323

KIDS HELP PHONE
1.800.668.6868

911