

Need to talk?

Rocky Mountain House – Numbers Where YOU CAN Connect

No matter what...remember you are NEVER alone...
Reaching out is sometimes the hardest step...
There are times in all of our lives when we
need the help of someone else to dust us off
so that our light can shine again...
even brighter than before... Be brave...
You are worth it! You were brought to this Earth for
a reason...and we need you!

Here's where you can reach out...there are lots of us who care...

Through your school:

Nancy Davis-Patsula - School Social Worker and Counsellor	403.845.3711
Constable H. Smits - School Resource Officer	403.845.3711

In your community:

Aboriginal Neighbourhood Place	403.845.2788
Boys & Girls Club	403.844.2165
Burden Bearers Counselling	403.845.3419
Child Welfare	403.845.8290
Food Bank	403.845.7564
Health Unit	403.845.3030
Mental Health	403.844.5235
Mountain Rose Women's Shelter	403.845.5339
Rocky Clearwater Family Wellness	403.845.8462

Hot Lines and Emergency Numbers:

Health Link Alberta	1.866.408.5465
Kids Help Line	1.800.668.6868
Mental Health Help Line	1.877.303.2642
Child Abuse Hotline	1.800.387.5437
Family Violence Hotline	403.310.1818