

24/7

Distress Line

780-482-HELP (4357)

Testimonial

“After learning the suicide conversation, it made me think about being more direct in having a conversation with my friend. It’s great to talk to someone right away and get resources to help. The Distress Line is great for when I didn’t know what to do or who to turn to.”

2017 Statistics

15,654 calls answered

227 online crisis chats responded to

207 telephone follow up offers

11,863 referrals made to community resources.

“Testimonial:

I felt like everyone I talked to was caring, empathetic and they gave me tools that I need to help my nephew and myself. I like how there were a lot of check-ins with how I was doing, which I was surprised by, but it was what I needed. The Distress Line provided such great service. I have a sense of relief and my stress and anxiety has gone down.”

Factors Contributing to Crisis

Addictions	13%
Mental Health Concerns	42%
Suicidal Ideation	32%
Violence/Abuse	26%

Age of Callers

Adult (18-64)	93%
Youth (13-17)	2%
Child (0-12)	0%
Senior (65+)	6%

Gender of Callers

Female	60%
Male	40%
Transgender	0%

Over the phone 24/7 at **780-482-HELP (4357)**

Online at edmonton.cmha.ca/online-crisis-chat Monday to Friday from 6:00pm-10:00pm and Weekends 12:00pm-4:00pm

Also offered:

Seniors Abuse Help Line : **780-454-8888**

Rural Distress Line: **1-888-232-7288** (funded for Vermillion area)



Canadian Mental
Health Association
Edmonton
Mental health for all