‘WHEN YOU NEED TO REACH OUT...’ CARD

If 211 is available in your area, print on card stock and trim. Laminate and hand the cards out to students during exit interviews. The website provides students and families with the most current local information for community, social and crisis services. If 211 is not available in your area, refer to the Developing a List of Community Resources and Services: Tip Sheet.

Crisis: www.help4me.ca
General information about community resources: www.ab.211.ca