

## Warmest Holiday Wishes from MAC's Student Services Team.

If you need mental health supports during the holidays, please contact one of the following organizations:

- Children & Youth Crisis Line 780-407-1000
- Kids Help Phone (24hr) 1-800-668-6868 or text 686868
- Live chat [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- Distress Line (24hr) 780-482-HELP (4357) or 1-800-232-7288

