

BULLYING AWARENESS WEEK






# Learn where to turn for help

**November 15-19, 2021**

Being bullied can cause you to feel lost and alone, but there are people who want to help you feel safe. The Bullying Helpline is available 24/7 by calling **1-888-456-2323** or chat online at **alberta.ca/BullyingChat**. They can help you learn what you can do and who can help.



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 #WhereToTurn  #BullyingAwarenessWeek

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