




# 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. Help is available 24/7 by calling the Bullying Helpline at **1-888-456-2323** or chat online at **alberta.ca/BullyingChat**. Trained staff can help you explore your options and connect you with local supports.



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█ #WhereToTurn █ #BullyingAwarenessWeek

*Alberta* 