

# Bullying Helpline

1-888-456-2323

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Get help anonymously 24/7 in over 170 languages

Chat available daily 8 am - 8 pm at [alberta.ca/BullyingChat](https://alberta.ca/BullyingChat)

Call 911 in emergencies

[alberta.ca/Bullying](https://alberta.ca/Bullying)

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# Call us anytime if you:

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- are being bullied
- know someone who needs help
- want to know your options
- want to learn more about the issue



[alberta.ca/Bullying](http://alberta.ca/Bullying)

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