














# QUICK LOOK RESOURCES

HELP	I AM IN DISTRESS	MY COLLEAGUE IS IN DISTRESS	ONE OF MY REPORTS IS IN DISTRESS
<u>Helping Individuals At Risk (HIAR)</u> U of A (780) 492-4372			
<u>Human Resources Partner (HRP)</u> U of A			
<u>Key Person Advice Line (KPAL)</u> <u>Workplace Advice Line (EFAP)</u> (780) 428-7587			
<u>Employee + Family Assistance Program (EFAP)</u> U of A (780) 428-7587			
<u>211 Alberta</u> Dial 2-1-1			
<u>Alberta Health Services (AHS)</u> <u>Mental Health Helpline 24/7</u> (877) 303-2642			
<u>Suicide Crisis Helpline</u> Dial 9-8-8	