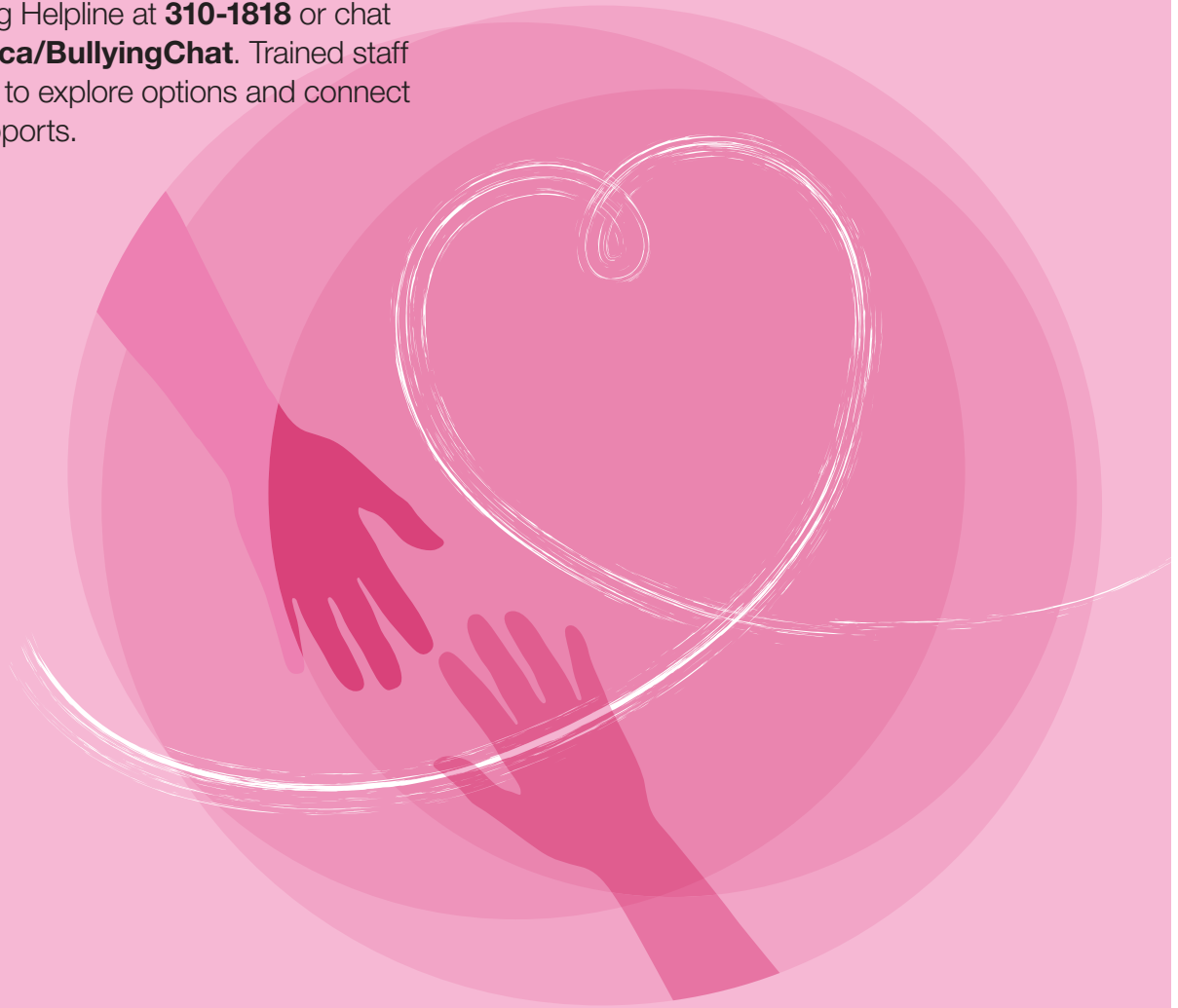


The importance of being kind

November 14–18, 2022

Bullying at work can be hard to navigate. Know you are not alone. Help is available 24/7 by calling or texting the Bullying Helpline at **310-1818** or chat online at **alberta.ca/BullyingChat**. Trained staff will work with you to explore options and connect you with local supports.



@ABSUPPORTS @ALBERTAED

#BeKindAB #BullyingAwarenessWeek

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Bullying 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 or texting the Bullying Helpline at **310-1818** or chat online at **alberta.ca/BullyingChat**.



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The best way to stop bullying is knowing where to turn for support. The Bullying Helpline is available 24/7 by calling or texting **310-1818** or chat online at **alberta.ca/BullyingChat**. They can help you learn what you can do and who can help.



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