

Human Services 2017-2018 Directory

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Health Resources

Alberta Health Services (Addictions and Mental Health) All Clinics available through the RITE line 310-0000

Addictions and Mental Health
(Vermilion)..... (780) 581-8000
Provides mental health and addiction counseling to children, adults, and seniors.

Addictions and Mental Health
(Wainwright)..... (780) 842-7522
Provides mental health counseling services to children, adults, and seniors.

Addictions and Mental Health
(Wainwright)..... (780) 842-7619
Provides addiction services to children, adults and seniors.

Addictions and Mental Health
(Provost)..... (780) 753-2575
Provides addiction and mental health counseling services to children, adults and seniors.

Lloydminster Mental Health and Addictions
..... (306) 820-6250
Provides mental health and addictions counseling to children, adults, and seniors. For list of AA and Al-Anon Groups in your area contact them.

Alberta Health Services (Eating Disorders)

University of Alberta Hospital (780) 407-6114
Offers services and support for people who have anorexia nervosa or bulimia nervosa, including: supervision during and after meals; one-to-one and group therapy; nursing and psychiatric care; help with nutrition; schooling for teen clients; family support and therapy
This service helps people who are in the hospital, getting ready to leave the hospital, or living in the community. Clients in the hospital receive 24/7 care and clients living in the community can access treatment 24/7. Available to people 13 years or older who have dangerous eating disorder symptoms and need a high level of treatment. Referral needed

Alberta Health Services (Pediatric Rehabilitation Services Vermilion) (780) 853-5270

Located in Vermilion Provincial Building 4701 – 52 Street
Children’s Rehab Services has a Face Book page – Type “Vermilion Children’s Rehab Services” in search engine on Face Book. Choose “Like” and you will receive program updates, Walk-in Clinic dates, tips, and strategies to help with a child’s fine motor, gross motor and speech & language development.
Speech Language Pathology services include strategies for: literacy, speech sound production, voice, fluency, feeding and swallowing.
Occupational Therapy services include strategies for: fine motor (hand) skills i.e., printing; pencil grasp and/or cutting, sensory processing, social skills, self-regulation and executive function.
Physical therapy services include strategies for strength, balance, coordination, ball skills, range of motion and mobility, posture and specialty seating.
All services include consultation, assessment, treatment, follow-up, and co-ordination of services. This may be one-on-one, group therapy in a school, preschool, other community location, or health facility.

Alberta Health Services (Pediatric Weight Management Services) 1(877) 414-2665

Children ages 2-17 years with a BMI-for-age at or above the 85th percentile may qualify. Your doctor or nurse practitioner can help determine this percentile. You can expect to receive individual sessions with a registered dietitian trained in pediatric weight management who will work with your family. The link below can be used by your doctor or nurse practitioner to refer your child to pediatric weight management services: www.albertahealthservices.ca/8358.asp

Alberta Health Services (Sexual Health)..... (780) 853-5270

Central Zone-East Located in Vermilion Provincial Building 4701 – 52 Street
Provides information, consultations, and group presentations on healthy sexuality.

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Calgary Eating Disorders Program (403) 955-7700

Provides in-patient and outpatient treatment for youth and adults.

Northern Alberta: Contact Eating Disorder Specialist (780) 342-2383 for referral to treatment practitioners in your local area.

Online Resources: www.feast-ed.org & www.nedic.ca & www.aedweb.org

Eating Support Network of Alberta: does presentations for professionals, schools and students. Contact them for more information at: <http://www.eatingdisordersupportnetworkofalberta.com/>

Kalyna Primary Care Network

Kalyna Country Primary Care Network (Vegreville, Vermilion, Viking and Killam (780) 853-6966

Wainwright Primary Care Network (Wainwright and surrounding communities)..... (780) 842-6676

Lloydminster Primary Care Network (Lloydminster and area, Kitscoty) (780) 874-0490

Programs are designed to improve the quality of care and meet the needs of the community. The best way to access the services of the PCN is to see your physician. Your family physician is very familiar with the PCN's programs and will be able to determine how best you can make use of the PCN's programs. Kalyna also has an online senior's directory of services: <http://kalynaseniorsdirectory.ca/>

Self-injury Outreach & Support<http://sioutreach.org/>

SIOS provides current information and resources about self-injury to individuals who self-injury, those who have recovered, caregivers, families, friends, teachers, and health professionals who work with them.

Counseling Services

Beyond Balance Counselling and Consulting (Lloydminster)..... (780) 808-1593

Michelle Hamilton provides individual and couples therapy, with adults and adolescents.

Care Counselling (Lloydminster) (306) 821-0377

Marla Rauser provides individual, couples, families and groups. Runs anger management groups, does home studies/assessments.

Creative Consulting Services (Vermilion)..... (866) 288-0303

Alyce Allaster-Hunsperger provides individual, family, marital counselling, divorce care, marriage preparation, mediation, life coaching and risk evaluations.

CrisisCare Counselling Services (Lloydminster).....(780) 871-4919

Dr. Ross Plews provides Individual, Marriage & Family Counselling. Specializing in Couples Therapy. Certified Professional Counsellor, Certified Gottman Couple Therapist. Contact: www.crisiscare.ca or crisiscare@shaw.ca

Family School Liaison Programcontact through your school

BTPS call Crystal Tower (780) 806-2056 & ECACS call Kathleen Ulrich (780) 853- 5251

Program provides free school counseling to students in Buffalo Trail Public School and East Central Alberta Catholic Separate School Divisions. Contact your local school to determine schedules and availability

Freedom Counselling (Lloydminster)..... (780) 875-6311

Velma Johnson provides individual, couple, and family counseling services are provided.

Hopfner & Associates Counselling and Consultation (Lloydminster)..... (306) 825-6195

Dr. Yumi Hopfner, Bonny J. Peng, & Val Beauchesne They provide services to individuals, couples, families and professionals. Four components: Counselling/Play Therapy; Consultation; Groups/Workshops; Contracted Services.

Hunt Psychological Services (780) 870-7227

Child and Youth Specialty; Social, Emotional, Behavioural, Cognitive and Mental Health Assessment, Consultation and Counseling; Inclusive Education Consultation Christy Hunt, M.Sc., R.Psych RR#2 Paradise Valley, AB., T0B 3R0

Email: christyhunt.hps@gmail.com

Johansson Counselling (Lloydminster) (780) 875-6467

Florence Johansson provides assessments, individual, couple and family counseling.

McCarty Counselling Services (Lloydminster) (306) 280-9940

Brenda McCarty, Scott Eason, Brendon Gibson & Mischa Davison. Offers private counselling and psychotherapy for individuals, couples and families. Most Insurance and Employee and Family Assistance Programs are accepted. In

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In addition to face to face we offer secure encrypted video counselling for those who wish to minimize the cost and time of unnecessary personal time or work loss time spent traveling.

Money Mentors..... 1(888) 294-0076
From credit counselling and money coaching to financial fitness classes, our experienced and qualified counsellors and coaches are here to improve your financial situation. With six locations throughout Alberta, we offer face-to-face appointments as well as phone consultations. Here's what to expect: First consultations are FREE so we can figure out what you need and how we can help you. During the consultation, our credit counsellor will review your income, expenses, assets and debts to help you determine your needs and discuss all your options with you. See more at: <http://www.moneymentors.ca/our-services>

Native Counselling Services of Alberta (Lloydminster) (780) 875-2551
Agency focused on social justice for Aboriginal people. For 45 years, NCSA has assisted Aboriginal people gain fair and equitable access to the justice, children's services and corrections systems in Alberta.

Phoenix Counselling and Psychological Services (Wainwright) (780) 842-3112
Janine Nelson Our services include assessment, consultation, and treatment for all ages. They include: Enrich Canada Premarital Counselling; Family Therapy; Couples Therapy; Individual Adult/Youth Therapy or Children's Play Therapy; Group Therapy/Workshops (upon request and as scheduled; Psychological Assessment (Standardized Formal Assessment)

Premura Counselling (Catholic Social Services)..... (780) 875-9084
This program provides therapeutic counselling to individuals, couples, and families by clinical counselors. People living in the funding areas of City of Lloydminster, County of Vermilion, Town of Vermilion, Villages of Kitscoty and Marwayne are eligible for the sliding fee scale. Those not living in those funding areas are not eligible for sliding fee scale. Counselor is in Lloyd and comes to Vermilion Thursdays to see clients Jacilynn Martinson is the therapist. To book an appointment call the office at 780-875-9084. Clients receive 5 sessions at no cost each contract year in the Town of Vermilion

Resolution Services (Vermilion, Wainwright, Lloydminster, and Provost) (780) 853-8120
Carol Stringer, Family Court Counsellor These services are provided by appointment to help with parenting, guardianship or contact. The services include: Information on options and services for resolving family issues. Referrals to services and programs include mediation. Information on the effects of separation and divorce on children. Help with choosing and filling out court forms to make court applications such as: Parenting; guardianship; contact, including grandparent contact; enforcement of parenting or contact orders; and help with arranging court dates. There is no cost to the parties. At least one of the parties must live in Alberta. Court Counsellors help with court applications in Provincial Court. The help provided includes: Information about the court process; Discussion with both parties outside the courtroom to see if any agreement can be reached; Help setting the terms of a consent order; Neutral presentation to the judge in court.

Triune Systems Inc. (Lloydminster)..... (780) 874-0335
Dean and Jennifer Beattie provide coaching, consulting and individual and couples counselling services.

Provost FCSS Counselling (Provost)..... (780) 753-2542
Arlene Thalheimer provides general counseling for individuals, couples or families. Rates vary whether you are located in MD of Provost or not.

Wainwright and District Family Community Services Counselling (780) 842-2555
Dr. Ken Harrison, Counselling Psychologist, provides short term solution focused counselling on a variety of presenting issues.

Community Resources

Alberta Works Centers

Vermilion (780) 853-8164
Wainwright/Provost (780) 842-7500
Lloydminster and Area (780) 871-6480
Human Services provides employment programs and services. Job fairs, workshops and information sessions as well as region-specific labour market information is also available. Youth who are 18 and are in school fulltime and living on their own who need financial assistance would contact this department to see if they qualify for aide.

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Adult Learning Councils

CLASS (County of Vermilion) (780) 853-2000
Wainwright & District Council for Adult Lifelong Learning..... (780) 842-3455
Eastpark Educational Opportunities Council (Provost and Area) (780) 753-2822
Lloydminster Learning Council Association (Lloydminster and Area) (780) 875-5763
Councils deliver part-time, non-formal adult learning opportunities in local communities. CLASS provides literacy tutoring in reading, writing, math and English Language; Newcomer Centre: welcome bags, community information; English Language Training: classes, tutoring, assistance; lifelong learning community classes.

Centre for Suicide Prevention (403) 245-3900

For training and resources for suicide prevention contact them through their website or phone. <https://www.suicideinfo.ca/>

Battle River Victim Assistance Society

Vermilion/Kitscoty..... (780) 853-2839
Wainwright/Provost..... (780) 842-4490
(Assistance to victims of crime according to AB Victim of Crime Act/CISM for first responders)

Food Banks

Vermilion and Area (Holy Name of Jesus Roman Catholic Church) (780) 853-5161
Mannville, Minburn and Innisfree Area (United Church) (780) 763-3005
Lloydminster and Area (Salvation Army) (780) 875-9166
Wainwright and Area (780) 842-3033
For more information, dates, and guidelines please contact the above.

Hearts and Hands..... (780) 581-0521

Provides food, personal hygiene, baby diapers, food, formula, and cleaning products to families and individuals in need.

Kidsports Vermilion (780) 581-2406

Provides sport opportunities for kids facing financial barriers.

Libbie Young Centre (Lloydminster)..... (780) 874-9917

Address mental health issues by providing life skills, supportive living, day programming and educational services for Lloydminster & area. Centre offers a 24-Hour Resource support Line (not counselling) and provides referrals. Runs summer recreational Programs.

Lloydminster Sexual Assault & Information Centre..... (306) 825-8255

Offers one-on-one and group crisis intervention to individuals who have experienced a sexual assault as well as their families; provides support services to individuals who have experienced family violence or bullying. They provide hospital, RCMP accompaniment, public education and group programs and first responder training. Outreach services to outlying communities.

Lloydminster Interval Home..... (780) 875-0966

Provides Emergency Crisis Shelter for women with/without children and counseling and programming; Dol Mar Manor (Second Stage Housing facility); Community Outreach Services; Interval Store (selling donated items); Volunteer Program; Public Education and prevention promoting awareness of the dynamics of Family Violence and its effects through presentations, in-service training, workshops and community events.

Lloydminster Men's Shelter (306) 825-3977

Provides clean, safe temporary housing for homeless adult males age 18 and older.

Mental Health Capacity Building

VIBE (Vermilion is Being Empowered) (780) 853-3718
WOW (Wainwright on Wellness) (780) 806-6969
Provide mental health prevention programming in schools and mental wellness education in the communities school based services are provided. Outreach to schools outside the projects.

Parent Link & Midwest Family Connections

Wainwright and Provost Parent Link Centre..... (780) 842-2585
Midwest Family Connections (Lloydminster and Vermilion and Area) (306) 825-5911

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Each center provides free parenting and play programs to meet the unique needs of the families and communities it serves. Services are geared to 0-6 years of age. Parents and caregivers can participate in a wide variety of activities and information.

Walter A. Slim Thorpe Recovery Centre (Blackfoot)1(877) 875-8890

Thorpe is an alcohol, drug, gambling and sexual addiction treatment Centre. A full suite of services include medical detoxification, residential treatment, post-treatment programs, aftercare programs and family programs.

Vermilion and Area Brighter Beginnings (780) 853-6633

Susan Kern Director programs consist of home visitation (0-6 years), center based private preschool, community outreaches and a summer program.

Wainwright Military Family Resource Centre..... (780) 842- 5649

Christina Harvey, Prevention, Support & Intervention Coordinator/Social Worker/Deployment Coordinator
Supports military members and DND staff and their families who are based in Wainwright. Individual and family support can include referrals to appropriate agencies and individual and family counselling. The coordinator has flexible hours to meet family's needs.

Walking Through Grief Society

Kitscoty (780) 846-2576

Vermilion (780) 853-1818

Facilitators: Shirley Scott and Linda Moses Provides grief support to children, adults and seniors in Vermilion, Kitscoty, Marwayne, Wainwright, and Lloydminster Area. In Vermilion Walking through Grief also provides support groups for survivors of suicide, homicide and parents who have lost a child and those institutionalized.

School Resources

Family School Liaison Programcontact through your school

BTPS call Crystal Tower (780) 806-2056 or ECACS call Kathleen Ulrich (780) 853- 5251 Program provides free school counseling to students in Buffalo Trail Public School and East Central Alberta Catholic Separate School Divisions.

Lakeland College Wellness Services

Vermilion and Lloydminster

Campus..... (780) 871-5722

Nadine Konyk, Wellness Advisor Provides a variety of services to Lakeland College Students including support, information, community resources, referrals, and information and referral for various campus services

Mental Health Capacity Building Projects

VIBE (Vermilion is Being Empowered) (780) 853-3718

WOW (Wainwright on Wellness) (780) 806-6969

Provide mental health prevention programming in schools and mental wellness education in the communities school based services are provided. Outreach to schools outside the project areas is possible.

Vermilion and Area Brighter Beginnings (780) 853-6633

Susan Kern Director Program consists of home visitation (0-6 years), center based private preschool, community outreaches and a summer program.

Early Childhood Resources

Early Childhood Coalitions.....contact your local health unit for contact information

Mothers of Preschools (MOPS International)..... (780) 853-4229

MOPS encourage, equip, and develop every mother of preschoolers to realize her potential as a woman and mother. Meetings every other Thursday morning, 9:30-noon at the Pentecostal Church in Vermilion. Babysitting provided.

Parent Link

Wainwright and Provost Parent Link Centre..... (780) 842-2585

Midwest Family Connections (Lloydminster and Vermilion and Area Parent Link) (306) 825-5911

Vegreville and Area Parent Link Network (Mannville, Minburn and Innisfree)(780) 763-3005

Each center provides free parenting and play programs to meet the unique needs of the families and communities it serves. Services are geared to 0-6 years of age. Parents and caregivers can participate in a wide variety of activities and information.

Vermilion and Area Brighter Beginnings (780) 853-6633

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Susan Kern Director Programs consist of home visitation (0-6 years); center based private preschool, community outreaches and a summer program.

Vermilion Family Day Home Program.....email: vermfhdhprog@telus.net
An accredited program providing quality childcare for newborn to after school age children. We provide snacks, lunch, and planned activities. Parents can also apply for a subsidy.

Vermilion Play Development..... (780) 581-0108
An accredited program that offers preschool programming, kindercare and quality childcare with creative enrichment programs emphasizing learning and socialization opportunities for children ages 2 ½ to 5 years. The Ark is a full-time, part-time and drop in daycare facility run by VPD. Ages 12 months to kindergarten are welcome.

Disability Resources

Prairie Central FASD Prevention Services (general Inquiries)..... (780) 385-3976
Amber Bell Clinic Coordinator Prairie Central FASD Clinical Services (Vermilion)..... (780).853.4121
Provides community based coordinated assessment and diagnosis, targeted and indicated prevention, and support services for people affected by FASD and their caregivers. Website: www.prairiecentralfasd.ca Facebook: Prairie Central FASD Association. Vermilion located in FOCUS Buidling.

FOCUS Vermilion (780) 853-4121
Provides support to adults with developmental disabilities and acquired brain injury to assist them in the areas of independent living skills, community living support, employment support and community participation support. FOCUS provides affordable housing and has group homes for adults with developmental disabilities. Focus provides supports to families with children with disabilities. FOCUS has a Snoezelen Room (multi-sensory environment) that the public can rent to use with adults or children with disabilities.

Disability Services..... (780) 842-6899
Contact Rhonda Graham for more information. Provide advocacy work and community connections for parents. Link families to the Pediatric Specialty Clinic for assessment and diagnosis. Provide direct services to adults with FASD. Run a caregiver support group in Wainwright that is open to all FASD caregivers caring for children with FASD.

Snowflake House..... (780) 872-4596
Contact Lily Belland for more information. Snowflake House Respite Foundation Snowflake House is an organization of caring individuals whose purpose is to provide temporary, quality respite relief for families and caregivers of persons with special need s in Lloydminster, AB/SK and Area. The Foundation offers several services to support and empower families who are raising children with special needs. Current Services include: Hourly Respite, Sibshops, and a Toy/Activity Library. Our clients are children and youth between the ages of 0-18 years who have at least one special need (physical, cognitive, behavioural) in Lloydminster and area.

Social and Legal Services

Alberta Dial-A-Law.....1-800-332-1091
24 hour access to legal information via the web and a pre-recorded legal information service from a touch tone phone, with operator assistance if needed during regular business hours.

Alberta Employment Standards1-877-427-3731
Provides information on Alberta Employment Standards. Website: <https://work.alberta.ca/employment-standards.html>

Catholic Social Services (Wainwright) (780) 842-6899 or 1(877) 994-HOPE
Wainwright Children, Family and Community Service: Children with Disabilities - Family Support Program, Host Family Program, Family Capacity Building Program and Family Intervention Services Program.
Disability Service: Approved Home Program for Adults with Developmental Disabilities; Residential Program for Persons with Developmental Disabilities; Supported Independent Living Program for Adults with Developmental Disabilities

Catholic Social Services (Lloydminster) (780) 875-9084
Lloydminster Children, Family and Community Service: Counselling - Employee and Family Assistance Program (EFAP); Counselling - Individual and Family Therapy Program; Family Capacity Building Program
Immigration and Settlement Service: Gateway for Newcomers: This program focuses on the needs of immigrants living and/or working in Lloydminster and surrounding communities (in both Alberta and Saskatchewan).

Central Child and Family Services Authority
Vermilion (780) 853-8163

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Lloydminster (780) 871-6402
Wainwright (780) 842-7502
Child protection services, supports for children with disabilities, foster care and reporting child abuse during business hours)

Children's Legal and Educational Resource Centre www.youthlaw.ca
Provides legal information and education throughout Alberta. If you are 19 years of age or under, CLERC may be able to assist you with your civil legal problems. Read the Law Topics section of website or search through Legal Q&A's provided. If you do not find the information you are looking for, send an email by clicking Ask A Lawyer.

Legal Aid Alberta 1-866-845-3425
Assists eligible Albertans facing legal issues by helping them navigate their journey through the justice system and find lasting resolution to their legal challenges. Website; <http://www.legalaid.ab.ca>

LegalAve <http://www.legalave.ca>
The Alberta Legal Information Society (ALIS) developed a free legal information website, called LegalAve to help guide Albertans to relevant resources when dealing with family law matters. The website links to resources from organizations such as the Centre for Public Legal Education Alberta, Alberta Courts, Legal Aid Alberta, Native Counselling Services of Alberta, Calgary Legal Guidance, Student Legal Services of Edmonton, and many more. All resources are reviewed and approved for accuracy and currency by the ALIS staff lawyer. LegalAve brings together existing public legal information to help people in Alberta dealing with family law issues such as separation and divorce, child support, custody, guardianship, parenting time, partner/spousal support, property division, family violence, and more. The website is written in plain language and describes the law in Alberta, the process to follow (such as court forms and court hearings), and common questions about family law issues. LegalAve also has general information about navigating the legal system, including out-of-court resolution options, working with a lawyer, community legal resources, and legal aid. The website's "guided pathway" feature allows users to answer a series of questions about their legal issue and be directed only to the information that applies to them.

Lloydminster Service Canada Centre 1-800-277-9914
Provides all Canadians: Apprenticeship Grants; Job Bank; Labour Market Information; Passport Receiving Agent Service +; Social Insurance Number Application. Employers and Organizations: Funding Programs; Hiring Foreign Workers; Labour Market Information; Record of Employment. Families and Children: Canada Child Benefit; Canada Pension Plan Children's Benefits; Canada Pension Plan Death Benefit; Canada Pension Plan Survivor's Pension; Employment Insurance Compassionate Care Benefits; Employment Insurance Family Supplement; Employment Insurance Maternity and Parental Benefits; Employment Insurance special benefits for Parents of Critically Ill Children. Labour and Workplace Information: Wage Earner Protection Program. Newcomers to Canada: Foreign Credentials Referral. People with Disabilities: Canada Pension Plan Disability Benefits. Seniors: Allowance Program; Allowance for the Survivor Program; Canada Pension Plan Retirement Pension; Canadian Government Annuities; Guaranteed Income Supplement; International Benefits; Old Age Security. Veterans: Veterans Affairs Canada. Workers: Canadian Forces Recruitment Awareness; Employment Insurance Fishing Benefits; Employment Insurance Regular Benefits; Employment Insurance Sickness Benefits; Employment Insurance and Workers and/or Residents Outside Canada; Royal Canadian Mounted Police Recruitment Awareness. Youth and Students: Canada Summer Jobs (CSJ).

Office of the Public Guardian and Trustee (780) 871-6490
Provincial Building Main Floor, 5124 50th street, Lloydminster, Alberta Acts in the best interest of Albertans over the age of 18 years who are unable to make personal or financial decisions on their own, and administering the property of represented adults, minor children, and deceased persons, when they are the most appropriate resource to provide support and protection. Forms and more information available on website: <http://humanservices.alberta.ca/guardianship-trusteeship.html>

RCMP

Vermilion (780) 853-4441
Wainwright (780) 842-4423
Provost (780) 753-2214
Lloydminster (780) 808-8300
Kitscoty (780) 846-2870

Human Services 2017-2018 Directory Crisis Lines

Alberta Safe Kids Hotline (Computer for prompt and then human) 1-800-638-0715
You will be prompted to press 1 if you are calling from Red Deer and south and to press 2 if you are calling from north of Red Deer.

Distress Line (people in crisis) (all hours supportive listening)..... (Human) 1-800-661-4606

Kid's Help Phone (all hours)..... (Computer then human) 1-800-668-6868

24 Hour Crisis Line..... (Human) 1-306-825-8255
Crisis services for family violence, sexual assault and/or youth who have experienced bullying.

Family Violence Information Line 24 hours..... (Human) 310-1818

Mental Health Help Line 24 hours..... (Computer) 1-877-303-2642
(Nurses provides: crisis intervention; information on Mental Health programs and services; and referral to other agencies where appropriate.)

Addiction Services & Alberta Quit Helpline (24 hours)..... (Human) 1-866-332-2322
(Alcohol, tobacco, other drugs and problem gambling support, information and referral)

STD/AIDS Information Line (business hours human/afterhours computer)..... 1-800-772-2437

Alberta Works Income Support Contact Centre..... (Computer) 1-866-644-5135
(Emergency financial assistance)

Bullying Helpline (24 hours)..... (Human) 1-888-456-2323
(Information and referrals)

Support Network's Rural AB Distress Line..... (Human) 1-800-232-7288
(Any age, trained counsellor in crisis intervention)

LGBTQ (Gay, Lesbian, Bi, Transgender, Questioning) (Human) 1-877-688-4765
(This is a support line, not a crisis line.)

First Nations and Inuit Hope for Wellness Help Line..... (Human) 1-855-242-3310
Provides culturally competent telephone-based crisis intervention counselling to First Nations and Inuit young people and adults experiencing distress. Service will be available in English and French. Callers may ask about the availability of service in Cree, Ojibway and Inuktitut.

Alberta HealthLink: 811
(Anyone in Alberta with a health question or concern can call)

Nationwide Suicide Crisis Hotline (Canada Suicide Prevention Service (CSPS)) is Canada's first nationally available, regionally delivered suicide prevention service providing support for voice, text and chat methods. CSPS doesn't replace, but complements existing local services to ensure that all people in Canada have immediate and equitable access to free and confidential support on the device of their choice, available 24 hours per day, 7 days a week, 365 days per year.
..... (Human) 1-833-456-4566

Text: 45645 Chat: www.crisisservicescanada.ca

Alberta Community and Social Services211
Available in Wainwright and Provost. Information line about available services.