

WHEN YOU NEED HELP

24 Hour Crisis Resources

Addiction/Smoking Helpline.....	1-866-332-2322
Bullying Line.....	-877-352-4497
Canada Suicide Prevention Service.....	1-833-456-4566
Text Hotline.....	45645
Canadian Red Cross Society.....	1-800-418-1111
Child Abuse Hotline.....	1-800-387-5437
Distress Centre Crisis Line.....	1-800-784-2433
Health Link.....	811
Kids Help Phone.....	1-800-668-6868
Crisis Text Line.....	686868
Medicine Hat Women's Shelter Society.....	529-1091
Toll-free.....	1-800-661-7949
Mental Health Help Line.....	1-877-303-2642
Salvation Army Family Support.....	526-9699
Suicide Help Line.....	1-800-784-2433
Emergency Services.....	911
Person's in Care Abuse.....	1-888-357-9939

Other Community Services and Groups

AJ's Loan Cupboard.....	560-5580
Alzheimer Society of AB/NWT.....	528-2700
Canadian Diabetes Association.....	529-1259
Canadian Red Cross Society.....	526-3048
Canadian Paraplegic Association.....	504-4001
Champion's Centre.....	504-0342
Food Bank.....	528-4313
Heart and Stroke Foundation.....	1-888-473-4636
Medicine Hat John Howard Society.....	526-5916
Medicine Hat Community Housing Society.....	527-4507
Metis Nation of Alberta Association, Local 8.....	504-4060
Miywasin Centre.....	526-0756
Multiple Sclerosis Society.....	529-6797
Probation/Community Corrections Services.....	488-4547
Saamis Immigration Services Association.....	504-1188
South Eastern Alberta Safety Alliance Society.....	529-2912
United Way South Eastern Alberta.....	526-5544
Welcome Wagon.....	529-2131
YMCA of Medicine Hat.....	527-4426
Needle Response Line.....	866-4698

City Services

Community Resource Worker	529-5533
Flats Area.....	527-3371
Hill Area.....	526-8046
Southview/Crestwood Area.....	529-8368
Strathcona Centre.....	502-8541
Library Home Bound Program.....	529-8400
Medicine Hat Police Service- Non Emerg.....	529-8214
Special Transit.....	529-8307
Strathcona Centre Senior Services.....	529-8307

Education and Support

Brain Injury Relearning Services(BIRS).....	528-2661
Canadian Mental Health Association.....	504-1811
CORE Association.....	527-3302
Family Support for Children with Disabilities.....	529-3100
HIV Community Link.....	527-5882
Medicine Hat Women's Shelter Society(Admin).....	527-8223
Emergency Shelter.....	529-1091
Second Stage Housing.....	580-8206
Next Step Residential Services.....	527-4999
Nurture Pregnancy Support.....	504-8560
Office of the Public Guardian and Trustee.....	529-3144
Persons with Developmental Disabilities.....	529-3144
REDI Enterprises.....	526-5742
Sexual Assault Response Committee.....	548-2717
Victim's Assistance-Medicine Hat.....	529-8480

Children & Youth

Be YOUth Centre.....	528-8068
Big Brothers & Big Sisters.....	527-6640
Bridges Family Programs.....	526-7473
Child and Family Services.....	529-3657
Inn Between Youth Shelter.....	529-6367
McMan Youth Fam. & Comm. Services.....	527-1588
McMan Parent Link Centre.....	504-0833

Counseling

Addiction & Mental Health Clinic.....	529-3500/529-3582
Medicine Hat Family Services.....	504-8026
Sexual Assault Response Committee.....	548-2717

Alberta Health Services

Addiction & Mental Health Clinic.....	529-3500/529-3582
Allied Health Program.....	529-8851
Children's Health and Development Services.....	529-8966
Community Health Services.....	502-8200
Home Care Program.....	581-5756
Infant and Preschool Mental Health Services.....	529-3582
Healthy Living Program.....	529-8969
Mental Health Community Support Services.....	502-8617
Medicine Hat Recovery Center.....	529-9021
Medicine Hat Regional Hospital.....	529-8000
Spiritual Care Services.....	502-8648
Prov. Family Violence Treatment Program.....	529-3500
Senior Services Day Hospital.....	528-5609
Sexual and Reproductive Health.....	502-8200

Provincial Numbers

Alberta Health Care Insurance Plan.....	310-0000
Then Dial.....	780-427-1432
Alberta Mental Health Patient Advocate Office.....	310-0000
Then Dial.....	780-422-1812
Alberta Seniors Benefits.....	1-877-644-9992
Alberta Supports Contact Centre.....	1-877-644-9992
Alberta Works Income Support/AISH.....	1-866-644-5135
ALS Society.....	1-888-309-1111
Arthritis Society.....	1-800-321-1433
Canada Pension Plan.....	1-800-561-7930
Cerebral Palsy Assoc.....	1-800-363-2807
Child and Youth Advocate.....	1-800-661-3446
Credit Counseling Services.....	1-888-294-0076
Dial-a-law & Lawyer Ref. Services.....	1-800-332-1091
Family Law Information Centre.....	529-8715
Family Violence Info Line.....	310-1818
Landlord and Tenant Info.....	1-877-427-4088

Groups and Organizations

Al-Anon/Ala-teen.....	527-8252
Alcoholics Anonymous.....	527-2065
Phoenix Safe House Woman's Support Group.....	529-1091
Schizophrenia Family Support Group.....	526-8615
Unsung Heroes (Schizophrenia Support Group).....	526-8515



Canadian Mental
Health Association
Mental Health for all

You can look to your community for support

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Alberta Health
Services