

24 Hour Crisis Resources

Addiction/Smoking Helpline.....	1-866-332-2322
Bullying Line.....	1-888-456-2323
Canada Suicide Prevention Service.....	1-833-456-4566
Text Hotline.....	45645
Canadian Red Cross Society.....	1-888-800-6493
Child Protection Crisis Line.....	1-800-638-0715
Distress Centre Crisis Line.....	1-800-784-2433
Health Link.....	1-866-408-5465
Kids Help Phone.....	1-800-668-6868
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.....	403-526-9699
Suicide Help Line.....	1-800-784-2433
Victim's Assistance-Medicine Hat.....	403-529-8480

Other Community Services and Groups

AJ's Loan Cupboard.....	580-5580
Alzheimer Society AB/NWT.....	528-2700
Canadian Diabetes Association.....	529-1259
Canadian Red Cross Society.....	526-3048
Canadian Paraplegic.....	403-504-4001
Champion's Centre.....	504-0342
Food Bank.....	528-4566
Heart and Stroke Foundation of AB/NWT/Nunavit.....	527-0028
L.E.A.R.N.....	504-3513
Medicine Hat Family YMCA.....	527-4426
Medicine Hat John Howard Society.....	526-5916
Medicine Hat Community Housing Society.....	527-4507
Métis Nation of Alberta Association, Local #8.....	504-4060
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.....	526-5544
Welcome Wagon.....	529-2131

City Services

Community Resource Worker	
Flats Area.....	529-5533
Hill Area.....	529-5544
Southview/Crestwood Area.....	526-8046
Library Home Bound Program.....	502-8541
Medicine Hat Police Service.....	529-8400
Special Transit.....	529-8214
Strathcona Centre.....	529-8307

Education and Support

Brain Injury Relearning Services.....	528-2661
Branch Senior Supports.....	504-1811
Canadian Mental Health Association.....	504-1811
CORE Association.....	527-3302
HIV Community Link.....	527-5882
Toll-free.....	1-877-440-2437
Medicine Hat Women's Shelter Society (Admin).....	527-8223
Emergency Shelter.....	529-1091
Second Stage Housing.....	580-8206
Next Step Residential Services.....	527-4999
Office of the Public Guardian.....	529-3744
Persons with Developmental Disabilities.....	529-3144
REDI Enterprises.....	526-5742
Sexual Assault Response Committee.....	504-8026

Children & Youth

Big Brothers & Big Sisters.....	527-6640
Bridges Family Program.....	526-7473
Child and Family Services.....	529-3607
Inn Between.....	529-6367
McMan Youth Fam. & Comm. Services.....	527-1588
McMan Parent Link Centre.....	504-0833
Medicine Hat Youth Action Society.....	528-8068
Regional Autism Coordinator.....	527-3302

Counselling

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

Alberta Health Services

Alberta Health Link.....	811
Addiction & Mental Health Clinic.....	529-3500/529-3582
Allied Health Program.....	529-8851
Children's Health and Development Services.....	529-8966
Community Health Centre.....	502-8200
Home Care Program.....	581-5756
Living Healthy Program.....	529-8969
Mental Health Community Support Services.....	502-8617
Medicine Hat Recovery Center.....	529-9021
Medicine Hat Regional Hospital.....	529-8000
Senior Services Day Hospital.....	529-8949
Sexual Health.....	502-8305

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.....	1-800-277-9914
Cerebral Palsy Assoc.....	1-800-363-2807
Child and Youth Advocate.....	1-800-661-3446
Credit Counselling Services.....	1-888-294-0076
Dial-a-law & Lawyer Ref. Services.....	1-800-332-1091
Family Law Information Centre.....	529-8715
Family Violence Line.....	310-1818
Landlord and Tenant.....	1-877-427-4088

Groups and Organizations

Al-Anon/Alateen.....	527-8252
Alcoholics Anonymous.....	527-2065
Phoenix Safe House Woman's Support Group.....	527-8223
Schizophrenia Family Support Group.....	526-8515
Stroke Recovery Group.....	526-6764/527-0899
Unsung Heroes (Schizophrenia Support Group).....	526-8515

You can look to your community for support
April 2018 • These numbers were correct at time of print, but are subject to change