When You Need Help

24 Hour Crisis Resources
Addiction/Smoking Helpline .................. 1-866-332-2322
Bullying Line.................................. 1-888-456-2323
Canadian Red Cross Society ............... 1-888-800-6493
Calgary Distress Line (long distance) ... 403-266-4357
Child Abuse Hotline......................... 1-800-387-5437
Child Protection Crisis Line .............. 1-800-638-0715
Crisis Centre.................................. 1-800-263-3045
Distress 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
Men's Line (long distance)................... 403-266-4357
Mental Health Help Line.................... 1-877-303-2642
Out Is OK Line.................................. 1-877-688-4765
Parent Helpline................................. 1-888-603-9100
Poison Centre................................... 1-800-332-1414
Salvation Army Family Support Centre... 526-9699
Victim Assistance – Medicine Hat........ 529-8480
Victim Services Unit of RCMP – Redcliff. 548-7848

Canadian Mental Health Association
Community Helper Program ............. 504-1811
Family & Friends Support Group
Financial Administrator Program
Housing First Program
Mental Health Education
Suicide Prevention Program
Suicide Bereavement Support Group
Whispers of Wellness Mental Health Club
Yellow Ribbon Program
The POST Thrift Store & Donation Pick-Up 527-0326

Education & Support
Adult Basic Literacy Education .......... 529-3828
AISH............................................. 529-3550
Alberta Works................................. 529-3683
Brain Injury Relearning Services ...... 528-2661
Budgeting Workshop......................... 504-1811
CORE Association............................ 527-3302
Community Response to Abuse & Neglect in the Elderly (CRANE) . 529-4798
Immigrant Legal Education Services.... 526-5916
L.E.A.R.N....................................... 504-3513
Medicine Hat Cares Centre.............. 527-5882
Next Step Residential Services ....... 527-4999
Office of the Public Guardian........... 529-3744
Persons with Developmental Disabilities....... 529-3144
REDI Enterprises................................ 526-5742
Fetal Alcohol Spectrum Team
Support Coordination Services
Sexual Assault Response Committee.... 504-8026
Victorian Order of Nurses................ 529-1222

Alberta Health Services
Allied Health Program...................... 529-8851
Children’s Health and Development Services (CHADS) .................. 529-8966
Community Health and Pre-hospital Support.................. 944-5648
General Inquiries.............................. 528-5633
Home Care Program......................... 581-5750
Living Healthy Program.................... 529-8969
Medicine Hat Regional Hospital........ 529-8000
Senior Services Day Hospital............ 529-8949
Sexual Health.................................. 502-8305
Social Work.................................... 529-8083
Community Health Centres
Bassano........................................... 501-3300
Bow Island....................................... 545-2296
Brooks............................................ 501-3300
Medicine Hat.................................. 502-8200
Oyen.............................................. 664-3651

Addiction and Mental Health
Acute Care (5N) MH Reg. Hospital ...... 529-8825
Mental Health Community Support Services ................... 502-8617
Mental Health Promotion................... 529-8030
Behaviour Assessment Program ........ 529-8030
Palliser Adolescent Services (PAS) .... 529-8903
Group Works................................... 529-8030
Mental Health Community Clinics
Bow Island....................................... 545-5120
Brooks/Bassano............................... 793-6655
Medicine Hat.................................. 529-3500/529-3582
Oyen.............................................. 664-3651

You can look to your community for support January 2014
When You Need Help (Continued On Other Side)

Other Community Services & Groups

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<th>Service/Program</th>
<th>Contact Information</th>
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<tr>
<td>AJ’s Loan Cupboard</td>
<td>580-5580</td>
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<tr>
<td>Alberta Blue Cross</td>
<td>529-5553</td>
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<tr>
<td>Alzheimer Society AB/NWT</td>
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<tr>
<td>Canadian Cancer Society</td>
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<td>Canadian Diabetes Association</td>
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<td>Canadian National Institute for the Blind</td>
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<td>Canadian Red Cross Society</td>
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<td>Canadian Paraplegic Association</td>
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<td>Champion’s Centre</td>
<td>504-0342</td>
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<td>Family Law Information Centre</td>
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<td>Food Bank</td>
<td>528-4566</td>
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<tr>
<td>Heart and Stroke Foundation AB/NWT/Nunavut</td>
<td>527-0028</td>
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<tr>
<td>KEAS (Kiwanis Emergency Alert System)</td>
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<tr>
<td>Legal Aid of Alberta</td>
<td>488-7032</td>
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<td>Medicine Hat Community in Home Detox Program (VON)</td>
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<td>Medicine Hat Family YMCA</td>
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<td>Medicine Hat John Howard Society</td>
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<td>Medicine Hat Community Housing Outreach Department</td>
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<td>Medicine Hat Legal Guidance</td>
<td>380-6338</td>
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<td>Medicine Hat Women’s Shelter Society</td>
<td>527-8223</td>
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<td>Admin</td>
<td>529-1091</td>
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<td>Second Stage Housing</td>
<td>580-8206</td>
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<td>Métis Nation of AB Association, Local #6</td>
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<tr>
<td>Multiple Sclerosis Society</td>
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<td>Parkinson Alberta Society</td>
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<td>Probation/Community Corrections Services</td>
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<td>St. John Ambulance</td>
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<td>Saamis Immigration Services Association</td>
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<tr>
<td>South Eastern AB Safety Alliance Society</td>
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<tr>
<td>United Way</td>
<td>526-5544</td>
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<tr>
<td>Welcome Wagon</td>
<td>529-2131</td>
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</tbody>
</table>

Groups and Organizations

- Al-Anon/AIateen                                      | 527-8252            |
- Alcoholics Anonymous                                 | 527-2065            |
- Bridges Family Program                                | 526-7473            |
- Concurrent Disorders Support Group (Addictions & Mental Illness) | 529-3500/529-3582 |
- Family & Friends of Adults with FASD                  | 526-5742            |
- Food Addicts in Recovery Anonymous                    | 532-0505            |
- FORWARD Support Group (For past & present drug users) | 527-5882            |
- Gamblers Anonymous                                    | 1-888-424-3577      |
- Hepatitis C Support Group                             | 526-1213            |
- HIV Support Group                                     | 527-5882            |
- Men’s Work Aftercare Support                          | 526-5916            |
- Narcotics Anonymous                                   | 979-2440            |
- Phoenix Safe House Woman’s Support Group               | 527-8223            |
- Schizophrenia Family Support Group                    | 526-8515            |
- Schizophrenia Society of Alberta                      | 526-8515            |
- Stroke Recovery Group                                  | 526-6764/527-0899   |
- Unsung Heroes                                         | 526-8515            |
- Whispers of Wellness Mental Health Club               | 504-1811            |

Children & Youth

- Big Brothers & Big Sisters                           | 526-6640            |
- Bridges Family Program                                | 526-7473            |
- Best Babies/Building Blocks/Healthy Start FASD First Step |
- Child and Family Services                             | 529-3607            |
- Inn Between                                           | 526-6367            |
- 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            |
- Redcliff Youth Centre                                 | 548-2811            |

Provincial Numbers

- Alberta Health Care Insurance Plan                    | 310-0000            |
- Then Dial...                                          | 780-427-1432        |
- Alberta Mental Health Patient Advocate                | 310-000             |
- Then Dial...                                          | 780-422-1812        |
- Alberta Seniors Benefits                              | 1-800-642-3853      |
- 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 Mortgage & Housing Corp.                       | 1-877-499-7245      |
- Canada Pension Plan                                   | 1-800-277-9814      |
- Cerebral Palsy Assoc. of Alberta                     | 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 Violence Line                                  | 310-1818            |
- Kidney Foundation of Canada                          | 1-800-268-1177(0)   |
- Landlord and Tenant                                   | 1-877-427-4088      |
- Lung Association of Alberta                           | 1-888-566-5884      |
- Southern AB Epilepsy Assoc                            | 1-866-374-5377(9)   |

City Services

- Library Home Bound Program                           | 502-8541            |
- Medicine Hat Police Service                          | 529-8400            |
- Senior’s Outreach Worker                              | 529-8307            |
- Special Transit                                       | 529-8214            |
- Strathcona Centre                                     | 529-8307            |
- Meals-on-Wheels                                       | 525-8885            |
- Elm Street School Community Worker                   | 529-5533            |
- Med. Hat High School Community Worker                | 529-5544            |
- Southview School Community Worker                    | 526-8046            |

Remember to Dial 403 You can look to your community for support January 2014

Canadian Mental Health Association Alberta Southeast Region Mental Health for all