

I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line 780-482-4357(HELP)
Addiction Helpline 1-866-332-2322
Child Mental Health (8am-11:30pm) 780-427-4491
Kids Help Phone 1-800-668-6868
Bullying Helpline 1-888-456-2323
Seniors Abuse Helpline 780-454-8888
Family Violence Info Line 310-1818
Sexual Assault Center (9am-9pm) 780-423-4121
First Nations & Inuit Mental Health
Hope for Wellness 1-855-242-3310

I NEED IMMEDIATE HELP **Call 911**

Emergency Financial Assistance .. 780-644-5135
Access 24/7 (Adults)
Addictions & Mental Health 780-424-2424
Westview Health Centre 780-968-3600
Child Intervention Services 780-422-2001
Kids Cottage Crisis Childcare 780-944-2888
Parkland RCMP 825-220-2000
Poison Control 1-800-332-1414
NeighbourLink Parkland (practical crisis help)
Monday-Friday 9am-4pm 780-960-9669
Pay Forward Kindness (homeless supports)
..... 587-286-4663

I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



or download **HelpSeeker**, onto your phone to find local supports and resources.



HELP FOR HARD TIMES
TRI-REGION SUPPORT GUIDE

Who can help, where can I go, and how do I get support?

This guide contains basic information
that can help with these questions.



Call **211** or visit **Helpseeker.org**
for information on local resources.



WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (*men, women*) 780-424-8335
Women's Emergency
Accommodation Centre 780-423-5302
Hope Mission (*ages 16+, men, women*).... 780-422-2018
Youth Empowerment &
Support Services (YESS)..... 780-468-7186
Salvation Army (*Transitional Housing, \$12/day*)
..... 780-429-4274

I NEED A DOMESTIC ABUSE SHELTER

Alberta Council of Women's Shelters
..... 1-866-331-3933

I NEED DETOX SUPPORT

George Spady..... 780-424-8335
AHS Detox Centre 780-427-4291
Youth Edmonton Detox..... 780-422-7383

I NEED A SAFE CONSUMPTION SITE

Boyle Street Community Serv. 780-424-4106
George Spady Centre 780-424-8335
Boyle McCauley Health Centre.... 780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Addictions and
Mental Health (*adults*)..... 780-424-2424
Youth Addiction Services 780-422-7383
Access Open Minds (*youth 16-25*)..... 780-415-0048
Child and Adolescent
Mental Health Services 780-342-2701
Westview PCN Youth
Mental Health Clinic (*ages 11-24*) 780-960-9533

I NEED HEALTH INFORMATION

Health Link Alberta (24/7) 811

WHERE CAN I FIND FOOD?

Parkland Food Bank
105 Madison Cres, Spruce Grove 780-962-4565
Auggies Café (*Tuesday Free Lunch*)
131 Church Rd, Spruce Grove..... 780-962-5131

Spruce Grove FCSS
#105 - 505 Queen Street
Spruce Grove, AB
780-962-7618

Stony Plain FCSS
#107, 4613 - 52 Avenue
Stony Plain, AB
780-963-8583