

Mental Health Support

- Alberta Health Services
Mental Health Help Line (24/7)---1-877-303-2642
Addiction Help Line (24/7)-----1-866-332-2322
Free Walk-in Counselling-----403-340-5466
- Central Alberta Sexual Assault Support Centre
Sexual Assault Counselling-----403-340-1124
- Vantage Community Services
Free Walk-in Counselling-----403-340-8995
- Pathways Home Family Counseling
Counselling Services-----403-304-9093
- Government of Canada
Mental Health and Substance Use Support
Telephone Counselling (Adults)--1-866-585-0445
Text WELLNESS to-----741741
Telephone Counselling (Youth)---1-888-668-6810
Text WELLNESS to-----686868

Crisis

Call 911 if you or someone else is in immediate danger

- Canadian Mental Health Association (CMHA)
Walk-in Crisis Counselling -----403-342-2266
- Central Alberta Women's Emergency Shelter
24/7 Family Violence Helpline-----403-346-5643
24/7 Helpline-----1-888-346-5643
- Alberta Health Services
Police and Crisis Team-----403-406-2505
- Safe Harbour Society
Social Diversion-----403-347-0181
- Gov't of Alberta Ministry of Children's Services
Child Abuse Hotline-----1-800-387-5437
- Central Alberta Sexual Assault Support Centre
24/7 Crisis Line-----403-356-1099

Group Programs

- Youth HQ
Boys and Girls Clubs-----403-342-6500
- Canadian Mental Health Association (CMHA)
Education Program for Mental Health and Wellness-----403-342-2266
- Golden Circle Senior Resource Centre
Senior Drop-in Programs-----403-343-6074
- Central Alberta Refugee Effort Community
Men & Women Support Groups----403-536-4025
- Red Deer Native Friendship Society
Community Programming-----403-340-0020
- Alberta Addicts (AAWEAR)
Addiction Support Group-----403-346-8858
- Alberta Health Services - Addictions Services
Adult Day Treatment-----403-340-5466
- Safe Harbour Society
Winter Warming Center-----403-347-0181

Shelter/Housing

- Safe Harbour Society
Regional Housing-----403-347-0181
- Central Alberta Women's Emergency Shelter
Crisis Shelter-----403-346-5643
- Red Deer John Howards Society
Horizon House-----403-343-1842
- Salvation Army
Emergency Shelter-----403-346-2251
- Youth HQ
Youth Shelter-----403-341-3190
- The Mustard Seed Red Deer
Drop-in Meals and Support-----403-347-1844
- Metis Urban Housing Corporation
Urban Aboriginal Housing-----1-877-458-8684

Dial 2-1-1 within Alberta for more information or if you cannot find the particular service you are looking for. Or text INFO to 211.

If 211 is not yet available in your area call 1-855-266-1605.