## WHEN YOU NEED HELP

**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 Association: 403-504-4001
- Champion’s Centre: 504-0342
- Food Bank: 528-4566
- Heart and Stroke Foundation of AB/NWT/NA: 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, Local #8: 504-4060
- Multiple Sclerosis Society: 528-4636
- 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: 529-6937
- McMan Youth Fam. & Comm. Services: 527-1388
- 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: 780-427-1432
- Alcohol & Drug Addictions: 1-877-644-9992
- Child & Youth Advocate: 1-877-661-3446
- Credit Counseling Services: 1-888-294-0076
- Dial-a-Law & Lawyer Ref. Services: 1-888-332-1091
- Family Law Information Centre: 529-6715
- Family Violence Line: 1-877-427-4088

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