

WHEN YOU NEED HELP

24 Hour Crisis Resources

Addiction/Smoking Helpline	1-866-332-2322
Bullying Line	-877-352-4497
Canada Suicide Prevention Service	1-833-456-4566
Text Hotline	45645
Canadian Red Cross Society	1-800-418-1111
Child Abuse Hotline	1-800-387-5437
Distress Centre Crisis Line	1-800-784-2433
Health Link	811
Kids Help Phone	1-800-668-6868
Crisis Text Line	686868
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	526-9699
Suicide Help Line	1-800-784-2433
Emergency Services	911
Person's in Care Abuse	1-886-357-9939

Other Community Services and Groups

AJ's Loan Cupboard	580-5560
Alzheimer Society of AB/NWT	528-2700
Canadian Diabetes Association	529-1259
Canadian Red Cross Society	526-3048
Canadian Paraplegic Association	504-4001
Champion's Centre	504-0342
Food Bank	528-4313
Heart and Stroke Foundation	1-888-473-4636
Medicine Hat John Howard Society	526-5916
Medicine Hat Community Housing Society	527-4507
Métis Nation of Alberta Association, Local 8	504-4060
Mywasin Centre	526-0756
Multiple Sclerosis Society	529-6797
Probation/Community Corrections Services	488-4547
Saarnis Immigration Services Association	504-1188
South Eastern Alberta Safety Alliance Society	529-2912
United Way South Eastern Alberta	526-5544
Welcome Wagon	529-2131
YMCA of Medicine Hat	527-4426
Needle Response Line	866-4698

City Services

Community Resource Worker	529-5533
Flats Area	527-3371
Hill Area	526-8046
Southview/Crestwood Area	529-8368
Strathcona Centre	502-8541
Library Home Bound Program	529-8400
Medicine Hat Police Service- Non Emerg	529-8214
Special Transit	529-8307
Strathcona Centre Senior Services	529-8307

Education and Support

Brain Injury Releaming Services(BIRS)	528-2661
Canadian Mental Health Association	504-1811
CORE Association	527-3302
Family Support for Children with Disabilities	529-3100
HIV Community Link	527-5882
Medicine Hat Women's Shelter Society(Admin)	527-8223
Emergency Shelter	529-1091
Second Stage Housing	580-8206
Next Step Residential Services	527-4999
Nurture Pregnancy Support	504-8560
Office of the Public Guardian and Trustee	529-3744
Persons with Developmental Disabilities	529-3144
REDI Enterprises	526-5742
Sexual Assault Response Committee	548-2717
Victim's Assistance-Medicine Hat	529-8480

Children & Youth

Be YOUth Centre	528-8068
Big Brothers & Big Sisters	527-6640
Bridges Family Programs	526-7473
Child and Family Services	529-3657
Inn Between Youth Shelter	529-6367
McKlan Youth Fam. & Comm. Services	527-1588
McKlan Parent Link Centre	504-0833

Counselling

Addiction & Mental Health Clinic	529-3500/529-3582
Medicine Hat Family Services	504-8026
Sexual Assault Response Committee	548-2717

Alberta Health Services

Addiction & Mental Health Clinic	529-3500/529-3582
Allied Health Program	529-8851
Children's Health and Development Services	529-8966
Community Health Services	502-8200
Home Care Program	581-5756
Infant and Preschool Mental Health Services	529-3582
Healthy Living Program	529-8969
Mental Health Community Support Services	502-8617
Medicine Hat Recovery Center	529-9021
Medicine Hat Regional Hospital	529-8000
Spiritual Care Services	502-8648
Prov. Family Violence Treatment Program	529-3500
Senior Services Day Hospital	528-5609
Sexual and Reproductive Health	502-8200

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	1-800-561-7930
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 Info Line	310-1818
Landlord and Tenant Info	1-877-427-4088

Groups and Organizations

Al-Anon/Ala-teen	527-8252
Alcoholics Anonymous	527-2065
Phoenix Safe House Woman's Support Group	529-1091
Schizophrenia Family Support Group	526-8515
Unsung Heroes (Schizophrenia Support Group)	526-8515



Canadian Mental
Health Association
Mental health for all

You can look to your community for support

Nov 2019 • These numbers were correct at time of print, but are subject to change



Alberta Health
Services