




# EMERGENCY CONTACTS AND SUPPORT



<b>Emergency Mental Health Concerns – Stollery Children’s Hospital or local ER</b>	<b>911</b>
<b>Mental Health Crisis Line</b>	<b>780-427-4491</b>
<b>Mental Health Intake Line</b>	<b>780-342-2701</b>

<b><u>Counselling Supports</u></b>	
<b>FCSS Family and Community Support Services</b>	Redwater – 780-992-6267 or 1-888-992-6267 Gibbons – 780-923-3331 Bon Accord – 780-921-3550 Morinville – 780-939-7833
<b>Alberta Mental Health Addictions – Mark Schmidt</b>	780-422-7383 or contact student services for details or an appointment
<b>Mental Health Helpline</b>	1-877-303-2642
<b>Resources for Mental Health</b>	211 or 780-482-4636
<b>Morinville Mental Health Clinics</b>	780-342-2620
<b>Addiction Services Helpline</b>	1-866-332-2322
<b>Primary Care Network</b>	780-997-0046
<b>Canadian Red Cross for Healthy Youth Relationships Always There</b>	www.redcross.ca/RespectED Mobile App for your cell phone or tablet
<b>Anxiety BC</b>	http://www.anxietybc.com
<b>CASA Caregiver Village</b>	www.caregivervillage.ca
<b>Sturgeon County Family School Liaison Counselling Program</b>	780-939-8334 1-866-939-9303
<b>Private Psychologist in your area</b>	www.psychologistsassociation.ab.ca and selecting “online referral search”
<b>Legal Aid Alberta</b>	780-427-7575
<b><u>Crisis Supports</u></b>	
<b>Redwater Health Centre Hospital</b>	780-942-3923
<b>Sturgeon Community Hospital</b>	780-418-8200
<b>Support Network &amp; Distress Line</b>	780-482-4357
<b>Morinville Victim Services</b>	780-939-4520
<b>Redwater Victim Services</b>	780-942-3704
<b>Y.E.S (Youth Emergency Shelter)</b>	780-423-4121
<b>Kids Help Home</b>	KidsHelpPhone.ca or 1-800-668-6868
<b>Child Abuse Hotline</b>	1-888-387-5437
<b>Sexual Assault Centre Crisis Line</b>	780-423-4121
<b>Children’s Mental Health – Crisis Line</b>	780-427-4491
<b>Hope for Wellness Help Line (First Nations/Inuit)</b>	1-855-242-3310



**Sturgeon Community Resource Network**  
Continuity, Information & Referral Network

**STURGEON COMMUNITY RESOURCE PROGRAM**

Free confidential information/referral provider for: tutoring, financial aid, job search, referrals to the primary care network, and other family and individual supports.

Phone: 780-923-2374      Website: [www.scrnetwork.ca/](http://www.scrnetwork.ca/)



## Emergency Services

Ambulance, Fire, and Police.

24 Hours



## Health Link

Free nurse advice and general health information for Albertans.

[Health Link Website](#)

24 Hours

### Addiction Services Helpline

Help for problems with gambling, alcohol, tobacco, and other drugs.

1-866-332-2322

24 Hours

### AlbertaQuits Helpline

Tobacco cessation counsellors can help you make a plan to quit, manage cravings, and stay on track.

[www.albertaquits.ca](http://www.albertaquits.ca)

1-866-710-7848

8am-8pm

### Bullying Helpline

Advice or support on bullying.

[www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)

1-888-456-2323

24 Hours

### Child Abuse Hotline

Call if you think a child is being abused or neglected by a parent or guardian.

1-800-387-5437

24 Hours

### Family Violence Info Line

Call if you (or someone you know) are going through family violence or abuse if you have questions or want to find out about programs, resources, and services.

310-1818

24 Hours

### Income Support Contact Centre

Financial help for Albertans who don't have resources to meet their basic needs (e.g., food, clothing, shelter)

1-866-644-5135

24 Hours

### Kids Help Phone

Free, anonymous, confidential telephone and web counselling for youth in Canada

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

1-800-668-6868

24 Hours

### Medication & Herbal Advice Line

Advice and information about medicines and herbal products from pharmacists and nurses.

1-800-332-1414

24 Hours

### Mental Health Helpline

Offers help for mental health concerns for Albertans.

1-877-303-2642

24 Hours

### Poison & Drug Information Service

Confidential advice about poisons, chemicals, medicines, and herbal products.

1-800-332-1414

24 Hours