

# GETTING HELP

for yourself or a friend

*Crisis/Help Lines (All are free & 24 hours. You can choose not to give your name.)*

**DISTRESS LINE 1-877-321-2747**

**HealthLink 1-866-408-5465**

Advice and information provided by trained registered nurses.

**Mental Health Help Line 1-877-303-2642**

Information and referral.

**Fairview Crossroads 780-835-2120 or 1-877-835-2120**

Help for people in distress or concerned about a friend/family member with any kind of problem.

**Peace Country Sexual Assault Help Line 1-888-37PEACE (1-888-377-3223) or 780-539-6692**

**AHS Addictions Help Line (Formerly AADAC) 1-866-332-2322**

For anyone with concerns about alcohol, drug, gambling or tobacco problems.

**Bullying Help Line 1-888-456-2323**

Support, information on bullying prevention and intervention, referrals to local counseling and prevention services

**Kids Help Phone 1-800-668-6868** (up to age 25)

**AIDS and Sexually Transmitted Disease Information 1-800-772-2437**

Answered by a nurse Monday-Friday during business hours-otherwise recorded information is provided.

**Family Violence Info Line 310-1818**

*If someone is at immediate risk and you need help, call the RCMP/911.*

## Hospitals/Health Centres

Beaverlodge 780-354-2136 Central Peace (Spirit River) 780-864-3993 Fairview 780-835-6100 Fox Creek 780-622-3545 Grande Cache 780-827-3701 Valleyview 780-524-3356 Queen Elizabeth II (Grande Prairie) 780-538-7100\*

\*Medical and psychiatric help for people in crisis.

## Abuse, Violence, Crime

### Women's Shelters

Odyssey House Grande Prairie 780-532-2672 (24 hours) Fairview Crossroads 780-835-2120 (24 hours)  
Grande Cache Transition House 780-827-3776

Shelter and support for women with or without children.

### RCMP

Call 911 or your local detachment

Will respond to life-threatening or criminal emergencies.

### Victims Assistance

Grande Prairie 780-830-5755 Beaverlodge 780-354-2955 780-354-2349 (Direct Cell)

Grande Cache 780-827-3440 Fairview 780-835-4557

Valleyview 780-524-3184 Fox Creek 780-622-3580

Support and referral for victims of crime and trauma. Contact through the RCMP in other areas.

### Child & Family Services of Alberta/Child Welfare

Grande Prairie 780-538-5159 (24 hours) Fairview 780-835-7191

Grande Cache 780-827-2245 Valleyview 780-524-4106

Fox Creek 780-538-5159

Free call through RITE Line - 310-0000

Child Abuse Hotline 1-800-387-5437 (no charge) or 1-800-638-0715

To report or get help for child abuse, neglect, or safety.

### PACE Sexual Assault Centre

780-539-6692

Information and support for individuals who have been sexually abused or assaulted.

### John Howard Society

780-532-0373

Anger management groups for youth and women, and a group for men who batter.



## *Support/Counselling (also see Drugs/Alcohol/Gambling)*

### **Mental Health Services**

Grande Prairie and Beaverlodge 780-538-5160 Grande Cache 780-827-4998 Valleyview 780-524-5096 Fairview 780-835-6149  
Fox Creek 780-622-5106

Services for the treatment of mental health problems. Tell them if it is urgent (e.g., suicide risk).

### **Single-Session Counselling Walk-in**

780-538-5160 6<sup>th</sup> Floor Nordic Court, 10014 – 99 Street, Grande Prairie

Thursdays, 9 a.m. - 3 p.m. (last session starts at 3 p.m.).

Walk-in services are available in some other areas. Call the Mental Health Services numbers listed above.

### **Depression Information and Support for Individuals and Families Dealing with Depression**

780-830-2830

A free one-day clinic on depression and its treatment for a better understanding of depression and how to cope with it. It will assist family/friends to provide a supportive environment through knowledge and understanding of the disease. Must be over 16.

### **The Breakfast Club**

780-539-7142 e-mail: bclub@sp-rc.ca Facebook group: The Breakfast Club - Grande Prairie

For teens ages 13-17 having trouble coping. Weekend retreats, follow-ups, and monthly Support & Friendship nights to help learn new ways of dealing with problems, make new friends, and have some fun.

### **Suicide Bereavement**

780-539-6680

Call the Suicide Prevention Resource Centre for information about meetings and events or for individual support. Collect calls accepted. Postvention assistance is also available.

### **Catholic Family Services**

780-532-9381

Personal, couple or family counselling (sliding scale fee). Nondenominational. Parenting groups and anger management for women.

### **Burden Bearers**

780-539-5225

Individual, family, marriage and group counselling based on Biblical principles, available regardless of ability to pay.

### **Men's Support Group**

780-532-9381

Catholic Family Services, 9902 - 101 Street, Grande Prairie (across from Better than Fred's)

A no-charge, drop-in group with a facilitator, for men who have had losses (relationship, divorce, death, financial/employment) Wednesdays, 7 P.M., downstairs at Catholic Family Services.

### **Women's Support Group**

780-539-6692

PACE, 10031 - 103 Avenue, Grande Prairie

Free, drop-in, every Tuesday, 6:30-8:30 p.m. Open to all women.

### **Grief Support Association/Circle of Life**

780-539-5432

Programs for children affected by loss.

### **Circle of Friends**

780-830-2326 (Ask for Ruth)

Bipolar Peer Support Group.

### **'Parenting on the Edge' Support Group**

780-830-2326 (Ask for Ruth)

A no-charge, drop-in group for parents of teenagers. Every 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month from 7:00 - 8:30 P.M. at the Muskoseepi Park Pavilion.

### **Eating Disorders**

If you are in crisis, please contact the Access Team at 780-538-5160 or go to your nearest ER. For workshops on eating disorders and body image, contact the Public Health Centre at 1-800-732-8981 and ask to speak with a Nutrition Program Dietitian.

## *Birth Control, HIV/AIDS, Pregnancy, Sexuality*

### **Health Units**

Grande Cache 780-827-3504 Fox Creek 780-622-3730

**Sexual Health:** Grande Prairie 780-513-7552 Valleyview 780-524-3363 Fairview 780-835-4951 (ask for Sexual Health Educator)

Birth control, options counselling, STD facts, free pregnancy testing, childbirth support and referrals.

### **Pregnant & Parenting Teens (Society for)**

780-538-3854

If you are pregnant or parenting and a teenager, they can help. Dads' group for teens/young men.

**HIV North Society**

780-538-3388 Facts about HIV/AIDS and prevention. Needle exchange, testing, referrals, and library.

**AIDS and Sexually Transmitted Disease Information**

1-800-772-2437 (no charge).

**Feather of Hope Aboriginal AIDS Prevention Society**

Edmonton 1-800-256-0459 (no charge).  
Community & individual support.

**Gay & Lesbian Association of the Peace (GALAP)**

780-513-1990

## *Drugs/Alcohol/Gambling*

**Alberta Health Services Addictions (Formerly AADAC) - Northern Addictions Centre**

780-538-5210

11333-106 ST., Grande Prairie

Detox and residential treatment programs for problems with alcohol, drugs, or gambling. Information on support groups such as AA, NA, GA, and Alanon.

**Alberta Health Services Addictions - Grande Prairie Area Office**

780-538-6330

Suite 300, 9728 Montrose Avenue, Grande Prairie

Adult Outpatient Counselling - Intake on Mondays, Tuesdays, Thursdays and Fridays (excluding statutory holidays) 1:30 - 3:00 pm.

Youth Outpatient Counselling - by appointment

Other services include family and group counselling, presentations and resource information as well as a youth stabilization and detoxification residence for voluntary and involuntary youth. Free of charge for Albertans.

**AHS Addictions Grande Cache** 780-827-3430 Individual, group & family counselling, information, etc. Free of charge for Albertans.

**AHS Addictions Fairview** (through Peace River) 780-624-6193 (free call through RITE Line 310-0000) Individual, group & family counselling, information, etc. Free of charge for Albertans.

**AHS Addiction Helpline 1-866-332-2322 (toll free)**

24 hours/7days a week. For anyone with concerns about alcohol, drug or gambling problems.

**MITAA**

Valleyview 780-524-2909 Alcohol/addictions program. Free of charge for Albertans.

**Canadian Mental Health Association Mobile Addiction Outreach Worker** 780-933-2224

## *Drop-in/Community Centres*

**Cool Aid Society**

780-532-9004

9667 Hillcrest Drive, Grande Prairie

For children (ages 6 to 12) and teens (13 to 17). Recreational activities, prevention programs and referral services.

**Friendship Centre**

780-539-7514

10105 - 97 Avenue, Grande Prairie

Child and youth programs, help, referrals.

**Salvation Army Food Bank & Community Centre**

780-532-3720

9615 - 102 Street, Grande Prairie

Provides basic needs in emergencies.

## *Legal Help*

**Legal Aid**

Grande Prairie 780-538-5470 Grande Cache 780-865-8263 (free call through RITE Line 310-0000)

Help in dealing with the law.

**Native Counselling Services of Alberta**

780-532-9359

Provides holistic programs to assist Aboriginal people in Youth, Family and Criminal Court to ensure they understand their rights and responsibilities and to provide counselling, support and referral.

## *Housing/Shelter/Supports*

**Youth Emergency Shelter-Sunrise House**

780-539-3287 Open 6 - 9 P.M., after 9 P.M. by emergency referral. Up at 7 A.M. & out by 9 A.M. - unless it's colder than -25. 9309 - 109 Avenue, Grande Prairie. For ages under 18 only.

### **Women's Shelters**

Odyssey House Grande Prairie 780-532-2672 (24 hours) Fairview Crossroads 780-835-2120 (24 hours)  
Grande Cache Transition House 780-827-3776  
Shelter and support for women with or without children.

### **Community Outreach Program (Native Counselling Services of Alberta)**

Grande Prairie 780-532-9359  
Helps individuals and families to access basic needs such as housing.

### **Rotary House (formerly Wapiti Community Dorm)**

780-513-4043  
97A Street near Montrose Avenue, Grande Prairie  
Short-term housing for men, women and families.

### **SOS/Street Outreach Support**

780-513-2242  
Helping the homeless.

### **Canadian Mental Health Association**

Grande Prairie (Northwest Region) 780-539-4681  
Willow Place-58 units of affordable and transitional housing. Community housing projects. One-stop shop-housing outreach for tenancy solutions.

## *Other Services*

### **Alternative Schools**

Bridge Network School Grande Prairie 780-539-0950	Peace Academy of Virtual Education 780-864-3741
Re-integration Program Grande Prairie 780-814-8148	STAR (Student at Risk) Beaverlodge 780-354-8613
The Learning Store Fairview and Area 780-835-3800	Gateway Outreach Valleyview 780-524-5508

### **Community/Neighbourhood Resource Centres**

Beaverlodge 780-354-4181 Fairview 780-835-7191 Fox Creek 780-622-3758 Grande Cache 780-827-2245 Valleyview 780-524-4106  
Referrals, information, community programs & workshops.

### **FCSS (Family and Community Support Services)**

Beaverlodge 780-354-2204	City of Grande Prairie 780-538-0380	County of Grande Prairie 780-532-9722
Hythe 780-356-2000	Grande Cache 780-827-2296	Fairview 780-835-5471
Fox Creek 780-622-3758	Sexsmith 780-568-4345	Spirit River 780-864-3500
Wembley 780-766-2269	Valleyview/Green View 780-524-7653	Clairmont Wellington Resource Centre 780-567-2843

Home care, support, information, referral.

### **Metis Local 1990**

780-538-9333  
Effective Parenting and Teen Development Programs.

### **Seniors' Outreach**

780-539-6255  
Information/one-stop shop for Seniors.

### **Seniors' Information Line**

1-800-642-3853 Monday to Friday 8:15 a.m. to 4:30 p.m.  
Deaf or Hearing Impaired with TDD/TTY units: Toll-free in Alberta: 1-800-232-7215  
Note: The Information Line is busiest between 9:00 a.m. and 3:30 p.m. For faster service, please call outside these times. Closed statutory holidays

### **Money Mentors (formerly Credit Counselling Services of Alberta)**

1-888-294-0076 (toll free)  
A not-for-profit, unbiased, consumer debt counselling service.

### **Poison Centre**

1-800-332-1414 If busy, call 1-403-670-1414

See the Volunteer Services Bureau's Community Directory for other services, or check the Yellow Pages under "Counselling Services" and "Psychologists."  
Inclusion of a name in this directory does not constitute endorsement of any individual or group.

Produced by the **Suicide Prevention Resource Centre** (780-539-6680), which is funded by Alberta Health Services, The City of Grande Prairie Community Social Development/FCSS, the County of Grande Prairie FCSS, Green View FCSS, Grande Prairie and Region United Way, through grants from the Community Foundation, Community Spirit & the Community Initiatives Program, the Aquatera Bottle Donation Program, fundraising, and donations. We provide coordination, education, training, and information services in the areas of suicide prevention, intervention, and bereavement. We do not provide counselling and will refer to other agencies. Crisis calls should be made directly to crisis lines.

For web sites, e-mail information, and updates, check <http://www.sp-rc.ca>