

24 Hour Help Lines:

Mental Health Help Line: 1-877-303-2642
AHS Addictions Help Line: 1-866-332-2322
Health Link: 811
Crisis Texting Service: 686868
Indigenous Mental Health: 1-855-242-3310
Kids Help Phone: 1-800-668-6868
(up to age 20)
Adult Bullying Help Line: 1-888-456-2323
Family Violence Info Line: 310-1818
Child Abuse Hotline: 1-800-387-5437
Sexual Assault Help Line: 1-888-377-3223
HIV/AIDS & Sexually Transmitted Disease
Information: 1-800-772-2437
AB Supports (Seniors Info): 1-877-644-
9992 Legal Aid: 1-866-845-3425
Money Mentors (Credit Counselling):
1-888-294-0076
Poison Centre: 1-800-332-1414
Sexually Transmitted Infections
Information:
1-800-772-2437
Distress Line for the (403) Area Code:
1-800-SUICIDE (784-2433)
National Crisis Line:
Call 1-800-456-4566 | Text 45645

Abuse, Violence and Crime

Victims Services: 780-830-5755
PACE Sexual Assault Centre: 780-539-
6692
John Howard Society: 780-532-0373
Youth Intervention Program: 780-830-
7094

Services Outside Grande Prairie

Alberta Mental Health Services:
Beaverlodge: 780-532-5160
Fairview: 780-835-6149
Fox Creek: 780-622-5106
Grande Cache: 780-827-4998
Valleyview: 780-524-5096

Hospitals/Health Centers:
Beaverlodge: 780-354-2136
Fairview: 780-835-6100
Fox Creek: 780-622-3545
Grande Cache: 780-827-3701
Spirit River: 780-864-3993
Valleyview: 780-524-3356

Child & Family Services:
Fairview: 780-835-7191
Fox Creek: 780-538-5159
Grande Cache: 780-827-2245
Valleyview: 780-524-4106
Hythe: 780-356-3888
Wembley: 780-766-2269

NW Peace FASD Network: 780-533-5461

Family Education Society GP & Area Resource Network

Grande Prairie: 780-830-0920

Other Services in Grande Prairie

YMCA Family Connect Child, Youth and
Family Supports: 780-357-7444
Friendship Centre: 780-532-5818
Food Bank/Community: 780-532-3720

Produced by Resource Centre for Suicide
Prevention

#200, 10014 99 Street (Nordic Court) T8V 3N4
Email: info@sp-rc.ca to update
Last Updated September 2020

GETTING HELP

Mental Health Support and Contact Information

Services Within City of Grande Prairie 24-Hour Toll-
Free Services Outside City of Grande Prairie

If someone is in **immediate crisis**, call
911 or go to the nearest **Hospital
Emergency NOW**.

Mental Health and Addiction Services in Grande Prairie:

ICAT: 587-259-5513

By phone: 9:00 am to 5:00 pm, Monday-
Friday; 1 on 1 intake and screening: 9:00
am to 4:00 pm, Monday—Friday
Aberdeen Center, 3rd floor, 9728-101 Ave,
Grande Prairie

PACT Team (Mobile crisis response team)
Call 911 and request Pact Team Response
(very positive response, but team not
always available)

QEII Hospital: 780-538-7100 Medical and
psychiatric help for people in crisis

GPRC Walk-In Clinic: 780-814-5800 Single
Session Counselling: Make an appointment
with a doctor to get referred to the
counsellor.



780-539-6680

www.facebook.com/suicideprevent/

**Resource Centre for Suicide Prevention
#200, 10014 99 Street (Nordic Court)**
For more information, visit www.sp-rc.ca

Gryphon/Phoenix Group: 780-539-7142
Free programming for teens 13-17 and pre-teens 9-12 dealing with stress, conflict, low self-esteem or emotional issues.

Men's Support Group: 780-539-6680
Free drop-in support group for men dealing with family loss, stress, conflict, low self-esteem or emotional issues. Runs every Wednesday night 7-9pm.

Men's Talk: 780-539-6680
Free weekly support group for men with a therapeutic focus. Every Monday night 7-9pm. To register or for more information email: menmhg@sp-rc.ca

Tough Enough to Talk About it:
780-539-6680
Free workshop to provide employees with information on how to recognize mental health problems, how to ask about those issues, and how to arrange for help.

Additional Support and Counselling

Catholic Family Services: 780-532-9381
Non-denominational support and counselling for individuals, couples or families (sliding scale fee).

PACE Community Support:
Over the phone appointments available.
Email leanne@pacecentre.com

Odyssey House: 780-532-2672 (24 hr line)

Grief Support/Circle of Life: 780-539-5432
Programs for children affected by loss.

**Housing and Shelters
Odyssey House Women's Shelter:**
780-532-2672 (24hr line)

Sunrise House Youth Emergency Shelter:
780-539-3287

Rotary House Homeless Shelter:
780-539-6777

Care Helps GP
780-539-0433 (homeless support)

Housing First (YMCA):
780-357-7445

Rising Above:
780-533-3025

Drugs/Alcohol/Gambling

AHS Addictions Treatment: 780-538-5210

AHS Addictions Services: 780-538-6330

CMHA Mobile Addictions Outreach Worker:
780-933-2224

Additional Services/Supports

GP Health Unit: 780-513-7500

Pregnant & Parenting Teens: 780-538-3854

North Reach: 780-538-3388

Gay & Lesbian Association: 780-513-1990

PCN Afterhours Clinic: 780-357-5520

GP Legal Guidance: 780-882-0036

Seniors Outreach: 780-539-6255

Native Counselling Services: 780-532-9359

Metis Local 1990: 780-538-9333

Family & Community Support:
780-538-0380

St. Lawrence Centre: 780-228-5734

NW Peace FASD Network: 780-533-5461

Meals on Wheels: 780-539-3901

Services outside City of Grande Prairie

Women's Shelters

Fairview Crossroads: 780-835-2120
Grande Cache: 780-827-3776

Victim Assistance:

Beaverlodge: 780-354-2955
Fairview: 780-835-4557
Fox Creek: 780-622-3580
Grande Cache: 780-827-3440
Valleyview: 780-524-3184

Addictions Services:

Fairview: 780-624-6193
Grande Cache: 780-827-3430
Valleyview: 780-524-2909

Health Units:

Beaverlodge: 780-354-2647
Fairview: 780-835-6100
Fox Creek: 780-622-3730
Grande Cache: 780-827-3504
Spirit River: 780-864-3063
Valleyview: 780-524-3338

Community Resource Centres:

Clairmont: 780-567-2843
Fairview: 780-835-7191
Fox Creek: 780-622-3758
Valleyview: 780-524-4106

Family & Community Support Services:

Beaverlodge: 780-354-2204
County of GP: 780-532-9722
Fairview: 780-835-5471
Fox Creek: 780-622-3758
Grande Cache: 780-827-4336
Greenview: 780-524-7603
Hythe: 780-933-5796
Sexsmith: 780-568-4345
Spirit River: 780-864-3500
Wembly: 780-766-2269