

# GETTING HELP

*for yourself or a friend*

## Crisis/Help Lines & Team

(All are free & 24 hours except the PACT team. You can choose not to give your name. You can also call your local Addictions & Mental Health branch, generally between 9-noon and 1-4 pm Monday to Friday-see Support/Counselling. Grande Prairie hours are longer.)

**Kids Help Phone 1-800-668-6868** (up to age 20)

**HealthLink 811**

Advice and information provided by trained registered nurses.

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

Information and referral.

**First Nations and Inuit Hope for Wellness Help Line – 1-855-242-3310** To connect

First Nations and Inuit young people and adults experiencing distress with experienced crisis intervention counsellors. Services available in English and French, and if requested – Cree, Ojibway and Inuktitut.

**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**

**Alberta Health Services Addictions Help Line 1-866-332-2322**

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

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

Information on bullying prevention and intervention (mostly workplace), referrals to local FCSS

**HIV/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**

**PACT Team** Mobile crisis response team to assess & stabilize mental health crises. Rotating shifts.

**Contact through 911.**

**If someone is at immediate risk and you need help, call the PACT Team in Grande Prairie or RCMP – both at 911.**

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

**Grande Prairie & Beaverlodge Addictions and Mental Health:**

**In Person: Aberdeen Centre** - 9 am to 4 pm, Monday to Friday. Closed noon to 1 pm. Aberdeen Centre's address is 9728 - 101 Avenue, Grande Prairie, AB (new location as of 2017)

**By Phone: (587)259-5513** - 7 days a week - 9 am to 7 pm

**Other locations:** 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 or substance abuse problems. Tell them if it is urgent (e.g., suicide risk). They can connect you to counselling, treatment, groups, etc.

**The Breakfast Club**

780-539-7142 e-mail: bclub@sp-rc.ca text: 780-402-1579

Free weekend retreats for teens (13-17) & 1- 2-day workshops for preteens (grades 4-6) who want to learn new ways of dealing with problems, make new friends, and have some fun. Helps with problems such as conflict with family or friends, school issues, stress, low self-esteem or emotional struggles. Anybody can make a referral to the Breakfast Club, including teens, parents/guardians, coaches, teachers, agencies, etc.

**Suicide Bereavement**

780-539-6680

Call the Suicide Prevention Resource Centre for information about support groups and events or for individual support. Assistance is available following suicide or an attempt for families, groups, workplaces, etc. (postvention, survivor support).

**Catholic Family Services**

780-532-9381

Personal, couple, group or family counselling (sliding scale fee). Nondenominational. Parenting groups and parenting through divorce group.

**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**

780-539-6680

Suicide Prevention Resource Centre, #200, 10014 – 99 Street, Grande Prairie (Nordic Court- use front door buzzer to access building).

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

Updated May 17, 2017

**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.

**Odyssey House Support Groups for Women, Outreach**

(780) 532-2672 – 24-hour line. Call for address to Odyssey House.

Assisting women to gain power and control for independence in their lives. Self-Esteem Group and Abuse Group – Open to the public. Call 780-538-1332 for Outreach staff, who can meet with clients at various locations and offer support.

**Good Grief Community**

**780-830-7742**

Lions Learning Centre, 9625 Prairie Road, Grande Prairie  
Free drop-in meetings, 3rd Wednesday of the month, 7 p.m.

**Grief Support Association/Circle of Life**

780-539-5432 Programs for children affected by loss.

**Eating Disorders**

If you are in crisis, please contact the Mental Health ICAT Team at 587-259-5513 or go to your nearest Emergency Room. For workshops on eating disorders and body image, contact the Public Health Centre at 1-800-732-8981 & ask to speak with a Nutrition Program Dietitian.

**Better Choices, Better Health Workshops**

1-877-349-5711 Toll-free An Alberta Health Services group for people living with chronic disease, including mental health issues – can be diagnosed or undiagnosed. A 6-week, structured group. Call for more information or to register.

## 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.

**Victims Services**

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.

**Youth Intervention Program**

Provides parents and youth referrals to programs/services for individuals experiencing behaviors that may cause them to come in contact with the RCMP (substance abuse, running away, behaviour issues, bullying, etc).

City on 99<sup>th</sup> 9910-99 Avenue Grande Prairie

780-830-7094

8:30-4:30 Monday-Friday (flexible appointments.)

**RCMP**

Call 911 or your local detachment

Will respond to life-threatening or criminal emergencies.

**Child & Family Services**

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 concerns.

**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

Domestic violence programming for men & women. Education & support services. Tabano Youth Centre. Communication & parenting in/after separation.

## Birth Control, STI, Pregnancy, Sexuality

### Health Units

Grande Cache 780-827-3504 Fox Creek 780-622-3730 Grande Prairie 780-513-7500 Valleyview 780-524-3338 Spirit River 780-864-3063

### STI (Sexually Transmitted Infection) Information: 1-800-772-2437

### Birth Control, Testing, etc:

Call your health unit, doctor, or, in Grande Prairie, call the GPRC College Clinic 780-814-5800 or the PCN After-Hours Clinic for hours: 780-357-5520

### Pregnant & Parenting Teens (Society for)

780-538-3854 If you a teenager who is pregnant or parenting, they can help. Includes dads' group for teens/young men.

### HIV North Society

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

### Gay & Lesbian Association of the Peace (GALAP) 780-513-1990

**Pride Centre of Edmonton** 780-488-3234 - Offers a wide range of programs such as support groups, social events, and educational seminars to help improve the social, mental, and physical health of the LGBTQ community

## Drugs/Alcohol/Gambling

### Alberta Health Services Addictions - Northern Addictions Centre

780-538-5210 11333-106 Street, 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

587-259-5513 (first point of contact, i.e. call them about all services)

Aberdeen Centre, 3<sup>rd</sup> Floor, 9728 – 101 Avenue, Grande Prairie (new location in 2017). Services include individual, family, and group counselling, evening support groups, presentations, and resource information as well as youth stabilization and detoxification. 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/7 days a week. For anyone with concerns about alcohol, drug or gambling problems.

### MITAA

780-524-2909 (Based in Valleyview) 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

Hillside Centre

9667 Hillcrest Drive, Grande Prairie

Drop-in programs for youth in grades 1 -12.

780-357-9354

South Side Centre

9645 Prairie Road, Grande Prairie

### Golden Age Centre

780-532-5818

10222 - 101 Avenue, Grande Prairie

Offers activities for seniors - quilting bees, cribbage tournaments, scrabble games, pool, and drop-in.

### 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

1-866-845-3425

Help in dealing with the law.

### Grande Prairie Legal Guidance

Grande Prairie 780-882-0036

Free legal guidance to low-income individuals who do not qualify for Legal Aid.

### 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

9309 - 109 Avenue, Grande Prairie.

Open 6 - 9 P.M., after 9 P.M. by emergency referral. Up at 7 am & out by 9 am - unless it's colder than -25. 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. Some offer support for men as well (telephone or off-site).

### Rotary House (formerly Wapiti Community Dorm)

780-539-6777

97A Street near Montrose Avenue, Grande Prairie

Short-term housing for men, women and families.

### Accredited Supportive Living Services

780-539 0433 Grande Prairie homelessness support.

## Other Services

### Alternative Schools

Bridge Network School Grande Prairie 780-539-0950

Tabono Centre Grande Prairie 780-814-8148

The Learning Store Fairview and Area 780-835-3800

The Learning Connection Grande Cache 780-827-5228

Peace Academy of Virtual Education 780-864-3741

STAR (Student at Risk) Beaverlodge 780-354-8613

Gateway Outreach Valleyview 780-524-5508

St. John Bosco Outreach School Grande Prairie 780-532-3013

### 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 780-827-4336

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 780-524-7603

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 services for seniors.

### Alberta Supports Contact Centre (Formerly the Seniors' Information Line)

1-877-644-9992 Monday to Friday 8:15 a.m. to 4:30 p.m.

Note: The Information Line is busiest between 9:00 a.m. and 3:30 p.m. For faster service, 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 and Drug Information Services

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

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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, City of Grande Prairie Community Social Development/FCSS, County of Grande Prairie FCSS, Green View FCSS, grants, 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 help lines (see first section) or to Addictions and Mental Health from 9 am to 7 pm 7 days a week.**

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