

Services Outside Grande Prairie

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

Looking for local resources and supports for Mental Health and Addiction?

North Zone Access Addiction and Mental Health Services:

1-888-594-0211 (Toll-Free)
Monday to Friday 8:30AM to 4:30PM

Abuse, Violence and Crime

Victim Services: 780-830-5755
PACE Sexual Assault Centre: 780-539-6692
John Howard Society: 780-532-0373
GP Mobile Outreach Program: 780-830-7094
Odyssey House: 780-532-2672 (24 hr line)

24 Hour Help Lines:

Mental Health Help Line: 1-877-303-2642
Addictions Help Line: 1-866-332-2322
Health Link: 811
Crisis Texting Service: 686868 or 741741
Hope for Wellness: 1-855-242-3310
Kids Help Phone: 1-800-668-6868
Family Violence Info Line: 310-1818
Child Abuse Hotline: 1-800-387-5437
AB Supports: 1-877-644-9992
Legal Aid: 1-866-845-3425
Money Mentors (Credit Counselling): 1-888-294-0076
National Crisis Line: 1-833-456-4566
Alberta Council of Women's Shelters: 1-866-331-3933
Alberta One Line for Sexual Violence: 1-866-403-8000
Alberta Abuse Helpline: 1-855-443-5722
Trans Lifeline: 1-877-330-6366

Unsure where to go? Call or text 211

211 is a free service that helps Albertans find resources or services in their area. 211 is available 24/7 by phone, text, and chat. The service is available in over 170 languages over the phone.

Produced by Resource Centre for Suicide Prevention

#200, 10014 99 Street (Nordic Court) T8V 3N4
Email: info@sp-rc.ca to update
Phone: 780-539-6680
Last Updated October 2022

GETTING HELP

Grande Prairie and Area

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 response (very positive response, but team not always available)

Grande Prairie Regional Hospital:

825-412-4000
11205 110 Street Grande Prairie, AB



Resource Centre for Suicide Prevention

For more information, visit www.sp-rc.ca

Gryphon/Phoenix Group: 780-539-7142
Free programming for youth in grades 4-6 or 7-12 dealing with stress, conflict, low self-esteem, or low self-worth.

Men's Support Group: 780-539-6680
Free drop-in peer support group for men. Wednesday night 7-9pm.

Men's Talk: 780-539-6680
Free weekly support group for men with a psychoeducational focus. Monday night 7-9pm.

Tough Enough to Talk About it:
780-539-0210

Free workshop to provide employees with information on how to recognize mental health concerns in the workplace

Additional Support and Counselling

Odyssey House Women's Support Groups: 780-538-1332 ext. 108

Grief Support: 780-539-5432

Odyssey House Community Support: 780-538-1332 ext. 108

Odyssey House Family Supports: 780-538-1332 ext. 146

**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: 780-532-5722
Food Bank/Community: 780-532-3720

Housing and Shelters

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

Sunrise House Youth Emergency Shelter:
780-539-3287

Wapiti House Homeless Shelter:
780-539-6777

Housing First Coordinated Access:
780-518-4833

St. Lawrence Centre: 780-228-5734

Drugs/Alcohol/Gambling

AHS Addictions Treatment: 780-538-5210

AHS Addictions Services: 780-538-6330

CMHA Mobile Addictions Outreach Worker:
780-933-2224

Levitee Clinics: 587-259-2681

Rising Above: 780-533-3025

Additional Services/Supports

GP Public Health: 780-513-7500

Centre for Young Parents: 780-538-3854

North Reach: 780-538-3388

Gay & Lesbian Association: 780-513-5880

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

Community Social Development GP:
780-538-0380

NW Peace FASD Network: 780-533-5461

Meals on Wheels: 780-539-3901

Alberta Healthy Living Program:
1-877-349-5711

Services outside City of Grande Prairie

Women's Shelters

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

Victim Assistance:

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
Wemby: 780-766-2269