

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

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
Valleyview: 780-524-7603

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
National Crisis Line: Call or Text 9-8-8
Hope for Wellness: 1-855-242-3310
Kids Help Phone: 1-800-668-6868
Kids Help Phone Text: 686868
Family Violence Info Line: 310-1818
Alberta Abuse Helpline: 1-855-443-5722
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
Alberta Council of Women's Shelters:
1-866-331-3933
Alberta One Line for Sexual Violence:
1-866-403-8000
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 December 2023

GETTING HELP

Grande Prairie and Area

Mental Health and Addiction Services in Grande Prairie:

Youth Addictions and Mental Health Walk-In

Phone: 780-538-5162

Monday – Friday

8:00AM – 4:30PM

Nordic Court, 4th floor, 10014 99 St,
Grande Prairie

Adult Addictions and Mental Health Walk-In

Phone: 587-259-5513

Monday - Friday

9:00AM - 4:00PM

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:

Phone: 825-412-4000

11205 110 Street Grande Prairie, AB

Resource Centre for Suicide Prevention

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

Community Helpers: 780-539-7142

Mental health presentations for schools or for adults who interact with youth.

Connect: 780-539-6680

Mental health presentations for community and organizations

Gryphon/Phoenix Groups: 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.

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.

Men's Talk: 780-539-6680

Free weekly support group for men with a psychoeducational focus.
Monday night 7-9pm.

Men's Shed: 780-830-9717

Free weekly drop-in group for men who are looking for a safe space to build relationships and work with tools.
Tuesdays night 7-9pm.

Men's Support Group: 780-539-6680

Free drop-in peer support group for men.
Wednesday night 7-9pm.

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

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

Indigenous Support Line: Walk with Me,

Talk with Me, Learn with Me

1-844-944-4744

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

Community Resource Centres:

Clairmont: 780-567-2843

Fairview: 780-835-7191

Valleyview: 780-524-4106

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: 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