

Mental Health & Addiction Services in Grande Prairie:

Youth Addictions and Mental Health Walk-In

Phone: 780-538-5162

Monday – Friday

8:00 AM – 4:30 PM

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

Adult Addictions & Mental Health Walk-In

Phone: 587-259-5513

Monday – Friday

9:00 AM – 4:00 PM

Aberdeen Centre,

3rd floor, 9728 101 Ave, Grande Prairie

PACT Team (Mobile Crisis Response Team)

Call 911 and request the PACT response.

The response is generally positive, but the team may not always be available.

Grande Prairie Regional Hospital

Phone 825-412-4000

11205 110 Street Grande Prairie, AB

Looking For Local Support & Resources For Mental Health and Addiction?

North Zone Access Addiction & Mental Health Services

1-888-594-0211 (Toll-Free)

Monday to Friday 8:30AM to 4:30PM

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

Additional Support and Counselling

Catholic Family Services: 780-532-9381

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

Abuse, Violence and Crime

Victim's Assistance: 825-799-5128

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)

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 THE CITY OF GRANDE PRAIRIE

Family & Community Support Services

Beaverlodge: 780-354-4057

County of GP: 780-532-9727

Fairview: 780-835-5471

Fox Creek: 780-622-3758

Grande Cache: 780-827-4336

Greenview: 780-524-7603

Hythe: 780-933-7212

Sexsmith: 780-568-4345

Spirit River: 780-864-3500

Wembley: 780-766-2269

Valleyview: 780-524-7603

Women's Shelters

Fairview Crossroads: 780-835-2120

Grande Cache: 780-827-3776

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

Hospitals/Health Centres

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



Community Helpers: 780-539-6680

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

Connect: 780-539-6680

Mental health presentations for the community and organizations

Gryphon/Phoenix Groups: 780-539-7142

Free programming for youth ages 7 to 17 dealing with stress, conflict, low self-esteem, or low self-worth.

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

Workplace mental health awareness program, designed for trades, industry, agriculture and energy sectors.

Men's Support Groups: 780-539-6680

Free, drop-in, weekly groups offer a welcoming space for men to come together for support, shared conversations, and connection. Groups are led by qualified, experienced, male facilitators.

Men's Talk: Mondays 7-9pm

Men's Support Group: Wednesdays 7-9pm

Men's Shed: 587-803-8330

Free space where men of all ages can come together to share skills, engage in hands-on projects, and foster friendships
Tuesdays 7-9pm. Call for additional hours.



**FOR MORE RESOURCES
PLEASE SCAN OR VISIT**

www.startingconversations.ca

24 HOUR HELP LINES

Mental Health Help Line

1-877-303-2642

Addictions Help Line

1-866-332-2322

Health Link

811

Hope for Wellness

1-855-242-3310

Child Abuse Hotline

1-800-387-5437

National Crisis Line

Call or Text 9-8-8

AB Supports

1-877-644-9992

Trans Lifeline

1-877-330-6366

Men &

1-833-327-MENS

Legal Aid

1-866-845-3425

Kids Help Phone

1-800-668-6868

Text: 686868

Alberta Abuse Helpline

1-855-443-5722

Family Violence Info Line

310-1818

Alberta Council of Women's Shelters:

1-866-331-3933

Alberta One Line for Sexual Violence

1-866-403-8000

Money Mentors (Credit Counselling)

1-888-294-0076

Getting Help Brochure



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



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