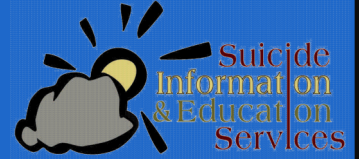




# Resources



## 24/7 Help Lines

1-877-303-2642	Alberta Mental Health
1-800-784-2433	Suicide Prevention Line (403)
1-403-266-1605	Distress Line Calgary
1-800-232-7288	Distress Line (780)
1-780-482-4357	Distress Line Edmonton
1-866-956-1099 or 403-356-1099	Central Alberta Sexual Assault Centre
1-800-668-6868	Kids Help Phone
1-800-387-5437	Child Abuse Hotline
1-888-456-2323	Bullying Hotline for Youth
1-888-346-5643	Central Alberta Women's Emergency Shelter
1-877-209-1266	Native Youth Crisis Hotline
403-343-4448	Red Deer Regional Hospital
1-855-242-3310	First Nations/Inuit Hope For Wellness Help Line
403-406-2505	Police and Crisis Team (PACT)

4101 - 54 Avenue  
Red Deer, Alberta, T4N 7G3  
Phone: 403.342.4966  
Fax: 403.342.4154  
Email: [office@suicidehelp.ca](mailto:office@suicidehelp.ca)  
[www.suicidehelp.ca](http://www.suicidehelp.ca)



# Resources



## Community Agencies

403-341-3190	49th Street Youth Shelter
403-340-5466	Mental Health Clinic (AHS Walk-In)
403-340-8995	Vantage Community Services (Walk-In)
403-342-2266	Canadian Mental Health Association
403-342-4966	Suicide Information & Education Services
403-347-2480	Central Alberta Women's Outreach Society
403-340-5274	AADAC (Alberta Health Services)
403-346-8858	Central Alberta AIDS Network Society
403-343-6400	Family Services of Central Alberta
403-340-0020	Red Deer Native Friendship Centre
403-343-9100	Red Deer Primary Care Network

## Central Alberta Mental Health Centres

Consort	403-577-3770
Drayton Valley	780-542-3140
Hanna	403-854-5276
Innisfail	403-227-4601
Lacombe	403-782-3413
Olds	403-556-4204
Ponoka	403-783-7903
Rimbey	403-843-2406
Rocky Mountain House	403-844-5235
Stettler	403-742-7591
Sylvan Lake	403-877-6777
Three Hills	403-443-8532
Wetaskiwin	780-361-1245

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