

NEED HELP FOR MENTAL HEALTH?



RED DEER

<p>Are you in a crisis that is life threatening?</p>	<p>CALL 911 For emergencies (ambulance, fire, and police) and mental health crises</p>
<p>Do you need to talk to someone right now?</p>	<p>CALL 1-877-303-2642 OR Alberta Crisis Line: 1-800-784-2433 Addictions Help Line: 1-866-332-2322 Kids Help Line: 1-800-668-6868 Native Youth Crisis Hot Line: 1-877-209-1266 Youth HQ 24 Hour Crisis Line: 403-341-3190</p>
<p>Do you have questions about your mental health or need help accessing community based programs?</p>	<p>CALL 811 For Alberta Health Services Health Link to speak with a registered nurse about your immediate needs or have an Information & Referral Specialist help find the service that's right for you.</p>
<p>Do you need access to emergency shelter?</p>	<p>TEXT 403-358-1517 Women's Emergency Shelter: 403-346-5643 Youth HQ 24 Hour Crisis Line: 403-341-3190</p>
<p>Are you being abused?</p>	<p>CALL 911 for immediate help Sexual Assault Crisis Line: 403-356-1099 Child Abuse Hot Line: 1-800-387-8437 Family Violence Information Line: 310-1818 Helping Elder Abuse Reduction: 1-877-454-2580</p>
<p>Do you need help finding a Mental Health Counsellor?</p>	<p>CALL 1-800-232-7301 for a list of FNIHB Approved Counsellors or contact Red Deer PCN Street Clinic: 403-340-3593</p> <p>For walk-in counselling phone: Mental Health Clinic: 403-340-5466 Vantage Community Services: 403-340-8995</p>
<p>Do you need support for intergenerational trauma?</p>	<p>CALL 1-800-232-7301 for help with the Indian Residential School – Resolution Health Support Program</p> <p>For Wellbriety circles contact UAVS 403-505-4049 or Red Deer Native Friendship Centre 403-340-0020</p>