

24 Hour Crisis Resources

Addiction/Smoking Helpline.....	1-866-332-2322
Bullying Line.....	1-888-456-2323
Canadian Red Cross Society.....	1-888-800-6493
Calgary Distress Line (long distance).....	403-266-4357
Child Abuse Hotline.....	1-800-387-5437
Child Protection Crisis Line.....	1-800-638-0715
Crisis Centre.....	1-800-263-3045
Distress Line.....	1-800-784-2433
Health Link.....	1-866-408-5465
Kids Help Phone.....	1-800-668-6868
Medicine Hat Women's Shelter Society.....	529-1091
Toll-free.....	1-800-661-7949
Men's Line (long distance).....	403-266-4357
Mental Health Help Line.....	1-877-303-2642
Out is OK Line.....	1-877-688-4765
Parent Helpline.....	1-888-603-9100
Poison Centre.....	1-800-332-1414
Salvation Army Family Support Centre.....	526-9699
Victim Assistance – Medicine Hat.....	529-8480
Victim Services Unit of RCMP – Redcliff.....	548-7848

Counselling and Support

Alberta Seniors & Community Supports...	529-3156
FASD.....	526-7473
Medicine Hat Family Service.....	504-8026
Military Family Resource Centre.....	544-5567
Miywasin Society of Aboriginal Services...	526-0756
Pregnancy Support Centre.....	504-8560
Sexual Abuse Counselling.....	529-3500

Canadian Mental Health Association

Community Helper Program	504-1811
Family & Friends Support Group	
Financial Administrator Program	
Housing First Program	
Mental Health Education	
Suicide Prevention Program	
Suicide Bereavement Support Group	
Whispers of Wellness Mental Health Club	
Yellow Ribbon Program	
The POST Thrift Store & Donation Pick-Up	527-0326

Education & Support

Adult Basic Literacy Education.....	529-3828
AISH.....	529-3550
Alberta Works.....	529-3683
Brain Injury Relearning Services.....	528-2661
Budgeting Workshop.....	504-1811
CORE Association.....	527-3302
Community Response to Abuse & Neglect in the Elderly (CRANE).....	529-4798
Immigrant Legal Education Services.....	526-5916
L.E.A.R.N.....	504-3513
Medicine Hat Cares Centre.....	527-5882
Next Step Residential Services.....	527-4999
Office of the Public Guardian.....	529-3744
Persons with Developmental Disabilities.....	529-3144
REDI Enterprises.....	526-5742
Fetal Alcohol Spectrum Team Support Coordination Services	
Sexual Assault Response Committee.....	504-8026
Victorian Order of Nurses.....	529-1222

Alberta Health Services

Allied Health Program.....	529-8851
Children's Health and Development Services (CHADS).....	529-8966
Community Health and Pre-hospital Support.....	944-5648
General Inquiries.....	528-5633
Home Care Program.....	581-5750
Living Healthy Program.....	529-8969
Medicine Hat Regional Hospital.....	529-8000
Senior Services Day Hospital.....	529-8949
Sexual Health.....	502-8305
Social Work.....	529-8083
Community Health Centres	
Bassano.....	501-3300
Bow Island.....	545-2296
Brooks.....	501-3300
Medicine Hat.....	502-8200
Oyen.....	664-3651

Addiction and Mental Health

Acute Care (5N) MH Reg. Hospital.....	529-8825
Mental Health Community Support Services.....	502-8617
Mental Health Promotion.....	529-8030
Behaviour Assessment Program.....	529-8030
Palliser Adolescent Services (PAS).....	529-8903
Group Works.....	529-8030
Mental Health Community Clinics	
Bow Island.....	545-5120
Brooks/Bassano.....	793-6655
Medicine Hat.....	529-3500/529-3582
Oyen.....	664-3651

Other Community Services & Groups

AJ's Loan Cupboard.....	580-5580
Alberta Blue Cross.....	529-5553
Alzheimer Society AB/NWT.....	528-2700
Canadian Cancer Society.....	528-2125
Canadian Diabetes Association.....	529-1259
Canadian National Institute for the Blind.....	527-2211
Canadian Red Cross Society.....	526-3048
Canadian Paraplegic Association.....	504-4001
Champion's Centre.....	504-0342
Family Law Information Centre.....	529-8715
Food Bank.....	528-4566
Heart and Stroke Foundation of AB/NWT/Nunavit.....	527-0028
KEAS (Kiwans Emergency Alert System)...	529-8899
Legal Aid of Alberta.....	488-7032
Medicine Hat Community in Home Detox Program (VON).....	529-1222
Medicine Hat Family YMCA.....	527-4426
Medicine Hat John Howard Society.....	526-5916
Medicine Hat Community Housing Society Outreach Department.....	527-4507
Medicine Hat Legal Guidance.....	380-6338
Medicine Hat Women's Shelter Society Admin.....	527-8223
Emergency Shelter.....	529-1091
Second Stage Housing.....	580-8206
Métis Nation of AB Association, Local #8....	504-4060
Multiple Sclerosis Society.....	529-6797
Parkinson Alberta Society.....	526-5521
Probation/Community Corrections Services	488-4547
St. John Ambulance.....	528-3292
Saamis Immigration Services Association...	504-1188
South Eastern AB Safety Alliance Society	529-2912
United Way.....	526-5544
Welcome Wagon.....	529-2131

Groups and Organizations

Al-Anon/Alateen.....	527-8252
Alcoholics Anonymous.....	527-2065
Bridges Family Program.....	526-7473
Concurrent Disorders Support Group (Addictions & Mental Illness).....	529-3500/529-3582
Family & Friends of Adults with FASD.	526-5742
Food Addicts in Recovery Anonymous...	532-0505
FORWARD Support Group (For past & present drug users)..	527-5882
Gamblers Anonymous.....	1-888-424-3577
Hepatitis C Support Group.....	526-1213
HIV Support Group.....	527-5882
Men's Work Aftercare Support.....	526-5916
Narcotics Anonymous.....	979-2440
Phoenix Safe House Woman's Support Group.....	527-8223
Schizophrenia Family Support Group.....	526-8515
Schizophrenia Society of Alberta.....	526-8515
Stroke Recovery Group.....	526-6764/527-0899
Unsung Heroes (Schizophrenia Support Group).....	526-8515
Whispers of Wellness Mental Health Club..	504-1811

Children & Youth

Big Brothers & Big Sisters.....	527-6640
Bridges Family Program.....	526-7473
Best Babies/Building Blocks/Healthy Start FASD First Step	
Child and Family Services.....	529-3607
Inn Between.....	529-6367
McMan Youth Fam. & Comm. Services.....	527-1588
McMan Parent Link Centre.....	504-0833
Medicine Hat Youth Action Society.....	528-8068
Regional Autism Coordinator.....	527-3302
Redcliff Youth Centre.....	548-2811

Provincial Numbers

Alberta Health Care Insurance Plan.....	310-0000
Then Dial.....	780-427-1432
Alberta Mental Health Patient Advocate	310-000
Then Dial.....	780-422-1812
Alberta Seniors Benefits.....	1-800-642-3853
Alberta Supports Contact Centre.....	1-877-644-9992
Alberta Works Income Support/AISH....	1-866-644-5135
ALS Society.....	1-888-309-1111
Arthritis Society.....	1-800-321-1433
Canada Mortgage & Housing Corp.....	1-877-499-7245
Canada Pension Plan.....	1-800-277-9914
Cerebral Palsy Assoc. of Alberta.....	1-800-363-2807
Child and Youth Advocate.....	1-800-661-3446
Credit Counseling Services.....	1-888-294-0076
Dial-a-law & Lawyer Ref. Services.....	1-800-332-1091
Family Violence Line.....	310-1818
Kidney Foundation of Canada.....	1-800-268-1177(0)
Landlord and Tenant.....	1-877-427-4088
Lung Association of Alberta.....	1-888-566-5864
Southern AB Epilepsy Assoc.....	1-866-374-5377(9)

City Services

Library Home Bound Program.....	502-8541
Medicine Hat Police Service.....	529-8400
Senior's Outreach Worker.....	529-8307
Special Transit.....	529-8214
Strathcona Centre.....	529-8307
Meals-on-Wheels.....	525-8885
Elm Street School Community Worker.....	529-5533
Med. Hat High School Community Worker...	529-5544
Southview School Community Worker.....	526-8046