

When You Need Help

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
Child Protection Crisis Line.....	1-800-638-0715
Crisis Centre.....	1-800-263-3045
Distress Centre Crisis 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
Mental Health Help Line.....	1-877-303-2642
Salvation Army Family Support Centre.....	526-9699
Victim Assistance – Medicine Hat.....	529-8480
Victim Services Unit of RCMP - Redcliff.....	548-7848

Other Community Services and Groups

AJ's Loan Cupboard.....	580-5580
Alzheimer Society AB/NWT.....	528-2700
Canadian Diabetes Association.....	529-1259
Canadian Red Cross Society.....	526-3048
Cerebral Palsy Assoc. of Alberta.....	1-800-363-2807
Champion's Centre.....	504-0342
Food Bank.....	528-4566
Heart and Stroke Foundation of AB/NWT/Nunavit.....	527-0028
Medicine Hat Family YMCA.....	527-4426
Medicine Hat John Howard Society.....	526-5916
Medicine Hat Community Housing Society.....	527-4507
Medicine Hat Women's Shelter Society (Admin).....	527-8223
Emergency Shelter.....	529-1091
Second Stage Housing.....	580-8206
Métis Nation of Alberta Association, Local #8.....	504-4060
Multiple Sclerosis Society.....	529-6797
Parkinson Alberta Society.....	526-5521
Probation/Community Corrections Services.....	488-4547
Spinal Cord Injury.....	504-4001
Saamis Immigration Services Association.....	504-1188
South Eastern Alberta Safety Alliance Society.....	529-2912
United Way.....	526-5544
Welcome Wagon.....	529-2131

City Services

Community Resource Worker	
Flats Area.....	529-5533
Hill Area.....	529-5544
Southview/Crestwood Area.....	526-8046
Library Home Bound Program.....	502-8541
Medicine Hat Police Service.....	529-8400
Special Transit.....	529-8214
Strathcona Centre.....	529-8307
Meals-on-Wheels.....	525-8885

Education, Counselling and Support

Brain Injury Relearning Services.....	528-2661
Canadian Mental Health Association.....	504-1811
CORE Association.....	527-3302
Senior's Outreach for Elder Abuse (CRANE).....	529-4798
L.E.A.R.N.....	504-3513
Medicine Hat Cares Centre.....	527-5882
Medicine Hat Family Service.....	504-8026
Military Family Resource Centre.....	544-5567
Miywasin Society of Aboriginal Services.....	526-0756
Next Step Residential Services.....	527-4999
Office of the Public Guardian.....	529-3744
Palliser Adolescent Services.....	529-8903
Persons with Developmental Disabilities.....	529-3144
Pregnancy Support Centre.....	504-8560
REDI Enterprises.....	526-5742
Sexual Assault Response Committee.....	504-8026

Children & Youth

Big Brothers & Big Sisters.....	527-6640
Bridges Family Program.....	526-7473
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

Alberta Health Services

Addiction & Mental Health Clinic.....	529-3500/529-3582
Allied Health Program.....	529-8851
Children's Health and Development Services.....	529-8966
Community Health Centre.....	502-8200
Group Works.....	529-8030
Home Care Program.....	528-8150
Living Healthy Program.....	529-8969
Mental Health Community Support Services.....	502-8617
Medicine Hat Regional Hospital.....	529-8000
Senior Services Day Hospital.....	529-8949
Sexual Health.....	502-8305

Provincial Numbers

Alberta Health Care Insurance Plan.....	310-0000
Then Dial.....	780-427-1432
Alberta Mental Health Patient Advocate Office.....	310-0000
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 Pension Plan.....	1-800-277-9914
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 Law Information Centre.....	529-8715
Family Violence Line.....	310-1818
Landlord and Tenant.....	1-877-427-4088

Groups and Organizations

Al-Anon/Alateen.....	527-8252
Alcoholics Anonymous.....	527-2065
Phoenix Safe House Woman's Support Group.....	527-8223
Schizophrenia Family Support Group.....	526-8515
Stroke Recovery Group.....	526-6764/527-0899
Unsung Heroes (Schizophrenia Support Group).....	526-8515
Whispers of Wellness Peer Support Group.....	504-1811