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**Assist’s Guide to Emergency Resources**

**Emergency Resources**

The Emergency Department of any hospital or medical centre. In the most severe high-risk cases**: call 911**

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| Calgary Distress Centre | **1 403 266 4357 (24/7)** | [www.distresscentre.ab.ca](http://www.distresscentre.ab.ca) |
| Edmonton Distress Line | **1 780 482 4357 (24/7)** | <https://edmonton.cmha.ca/programs-services/distress-line/> |
| Canada Suicide Prevention Service | **1 833 456 4566 (24/7)** | <https://www.crisisservicescanada.ca/en/> |
| Calgary Women’s Emergency Shelter Crisis Line | **1 403 234 7233 (24/7)**  **1 866 606 7233 (24/7)** | [www.calgarywomensshelter.com](http://www.calgarywomensshelter.com) |
| Edmonton Women’s Shelter (WIN House Crisis Line) | **1 780 479 0058 (24/7)** | <https://winhouse.org/> |

**Other Support**

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| Addiction and Mental Health Helpline | **1 866 332 2322 (24/7)** | <https://www.albertahealthservices.ca/amh/amh.aspx> |
| Alberta Mental Health Helpline | **1 877 303 2642 (24/7)** | [www.albertahealthservices.ca/findhealth/Service.aspx?id=1008399](http://www.albertahealthservices.ca/findhealth/Service.aspx?id=1008399) |
| Alcoholics Anonymous (Calgary) | **1 403 777 1212** | [www.calgaryaa.org](http://www.calgaryaa.org) |
| Alcoholics Anonymous (Edmonton) | **1 780 424 5900** | <https://edmontonaa.org/> |
| Mental Health Services/  Adult Access Mental  Health (Alberta Wide) | **1 403 943 1500**  **(M-F 8-5)** | [www.albertahealthservices.ca/services/page11443.aspx](http://www.albertahealthservices.ca/services/page11443.aspx) |
| Edmonton Mental Health Services (Adult Mental Health) Crisis Response | **1 780 424 2424** | <https://wellnessnetworkedmonton.com/need-help/where-to-call-for-help/> |
| Child and Adolescent Addiction, And Mental Health, Crisis Team | **403 943 1500 Ext. 1** | [www.albertahealthservices.ca/findhealth/service.aspx?Id=1001217](http://www.albertahealthservices.ca/findhealth/service.aspx?Id=1001217)  (referral required) |
| HEALTH Link Alberta | **811 (24/7)** | [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) |
| Lethbridge Mental Health | **403 327 7905 (24/7)**  **1 888 787 2880 (24/7)** | https://lethbridge.cmha.ca/ |
| Smokers’ Helpline | **1 866 710 7848**  **1 866 366 3667** | [www.smokershelpline.ca](http://www.smokershelpline.ca) |

**General Information**

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| Community Connection | **2-1-1** | www.211calgary.ca |