

# 24/7 Crisis Resources

## Fire, Police, Ambulance

Call 9-1-1



## Health

HEALTH Link Alberta

811

Poison & Drug Information Service

1-800-332-1414

## Mental Health

Access 24/7 (adult mental health intake)

780-424-2424

AHS Children & Adolescent Mental Health Crisis Line

780-407-1000

Distress Line: Support Network

780-482-4357

Distress Line: Rural support Network

1-800-232-7288

Mental Health Help Line

1-877-303-2642

Wellness Together Canada

text WELLNESS to 741741

## Addictions

Alberta Addiction Help Line

1-866-332-2322

## Suicide

Suicide Crisis Helpline

Call or text 9-8-8

## Indigenous

First Nations & Inuit Hope for Wellness Help Line

1-855-242-3310

Indian Residential School Crisis Line

1-866-925-4419

## Children & Parenting Crisis Support

Children's Services Crisis Unit

780-422-2001

Kids Help Phone

1-800-668-6868 or text 686868

## LGBTQ2SIA+

Brite Line (24/7)

1-844-702-7483

## Shelter

Contact 2-1-1 for emergency shelter information.

## Abuse & Family Violence

Abuse Helpline

1-855-4HELPAB

Child Abuse Hotline

1-800-387-5437

Family Violence Information Line

call or text 310-1818

Seniors Abuse Helpline

780-454-8888

Sexual Violence One Line

call or text 1-866-403-8000

## Support for Men

Men's Helpline

1-833-327-6367

## Financial

Emergency Financial Supports:

780-644-9992

Alberta Supports Contact Centre

Red Cross Emergency Services

1-888-800-6493

When personal disasters strike, the Canadian Red Cross provides food, shelter, clothing and essential supplies for up to 72 hours.

## Other Important Numbers

### 211

2-1-1

211 is an easy-to-remember telephone number that connects people to a full range of non-emergency, social, health and government services in the community. The support line offers 24/7 certified information and referral specialists who answer 211 calls, assess the needs of each caller and connect them to the best available resources and services.

Learn more about this service now at [www.ab.211.ca](http://www.ab.211.ca).

### Leduc & District Food Bank

780-986-5333

### Leduc & District Victim Services

780-980-7232

