

### 24 Hour Help Lines:

Mental Health Help Line: 1-877-303-2642  
AHS Addictions Help Line: 1-866-332-2322  
Health Link: 811  
Texting Service: 686868  
Indigenous Mental Health: 1-855-242-3310  
Kids Help Phone: 1-800-668-6868  
(up to age 20)  
Adult Bullying Help Line: 1-888-456-2323  
Family Violence Info Line: 310-1818  
Child Abuse Hotline: 1-800-387-5437  
Sexual Assault Help Line: 1-888-377-3223  
HIV/AIDS & Sexually Transmitted Disease  
Information: 1-800-772-2437  
AB Supports (Seniors Info): 1-877-644-9992  
Legal Aid: 1-866-845-3425  
Money Mentors (Credit Counselling):  
1-888-294-0076  
Poison Centre: 1-800-332-1414  
Sexually Transmitted Infections Information:  
1-800-772-2437

### COVID-19 Specific Resources

Grande Prairie Regional Emergency  
Partnership (GPREP): <https://www.gprep.ca/>  
Alberta Health Services Text4Hope:  
Text **COVID19HOPE** to **393939** to subscribe  
Distress Line for the (403) Area Code:  
1-800-SUICIDE(784-2433)  
National Crisis Line:  
Call 1-800-456-4566 | Text 45645

### Services Outside Grande Prairie

Alberta Mental Health Services:  
Beaverlodge: 780-532-5160  
Fairview: 780-835-6149  
Fox Creek: 780-622-5106  
Grande Cache: 780-827-4998  
Valleyview: 780-524-5096

Hospitals/Health Centers:  
Beaverlodge: 780-354-2136  
Fairview: 780-835-6100  
Fox Creek: 780-622-3545  
Grande Cache: 780-827-3701  
Spirit River: 780-864-3993  
Valleyview: 780-524-3356

Child & Family Services:  
Fairview: 780-835-7191  
Fox Creek: 780-538-5159  
Grande Cache: 780-827-2245  
Valleyview: 780-524-4106

### Family Education Society

Grande Prairie: 780-830-0920  
High Prairie: 780-523-6459  
Valleyview: 780-524-3338  
Beaverlodge: 780-354-4183  
Fairview: 780-835-3997

### Other Services in Grande Prairie

Friendship Centre: 780-532-5818  
Food Bank/Community: 780-532-3720

Produced by Resource Centre for Suicide  
Prevention

#200, 10014 99 Street (Nordic Court) T8V 3N4  
Email: [assistant@sp-rc.ca](mailto:assistant@sp-rc.ca) to update  
Last Updated April 2020

# GETTING HELP

## Mental Health Support and Contact Information

Services Within City of Grande Prairie 24 Hour Toll  
Free Services Outside City of Grande Prairie

If someone is in **immediate crisis**, call  
**911** or go to the nearest **Hospital  
Emergency NOW**.

## Mental Health Services in Grande Prairie:

**ICAT:** 587-259-5513 By phone: 9:00 am to  
5:00 pm, Monday-Friday; In person and  
single session walk: 9:00 am to 4:30 pm,  
Monday—Friday Aberdeen Center, 3rd  
floor, 9728-101 Ave, Grande Prairie

**PACT Team** (Mobile crisis response team)  
Call 911 and request Pact Team Response  
(very positive response, but team not  
always available)

**QEII Hospital :** 780-538-7100 Medical and  
psychiatric help for people in crisis

**GPRC Walk-In Clinic:** 780-814-5800 Single  
Session Counselling: Make appointment  
today with doctor, get referred to the  
counsellor.



**780-933-6144**

[www.facebook.com/suicideprevent/](https://www.facebook.com/suicideprevent/)

**Resource Centre for Suicide Prevention  
#200, 10014 99 Street (Nordic Court)**

For more information, visit [www.sp-rc.ca](http://www.sp-rc.ca)

**The Breakfast Club:** 780-402-1579  
Free programming for teens 13-17 and pre-teens 9-12 dealing with stress, conflict, low self-esteem or emotional issues.

**Men's Support Group:** 780-933-6144  
Free support group for men dealing with family loss, stress, conflict, low self-esteem or emotional issues. Every Wednesday night 7-9pm, call or text for the online link or participant code

**Additional Support and Counselling**

**Catholic Family Services:** 780-532-9381  
Non-denominational support and counselling for individuals, couples or families (sliding scale fee).

**PACE Community Support:**  
Over the phone appointments available.  
Email [candace@pacecentre.com](mailto:candace@pacecentre.com)

**Odyssey House:** 780-532-2672 (24 hr line)

**Grief Support/Circle of Life:** 780-539-5432  
Programs for children affected by loss.

**Abuse, Violence and Crime**

**Victims Services:** 780-830-5755  
**PACE Sexual Assault Centre:** 780-539-6692  
**John Howard Society:** 780-532-0373  
**Youth Intervention Program:** 780-830-7094

**Housing and Shelters**

**Odyssey House Women's Shelter:**

780-532-2672 (24hr line)

**Sunrise House Youth Emergency Shelter:**

780-539-3287

**Rotary House Homeless Shelter:**

780-539-6777

**Care Helps GP**

780-539-0433 (homeless support)

**Housing First (YMCA):**

780-357-7445

**Rising Above:**

780-533-3025

**Drugs/Alcohol/Gambling**

**AHS Addictions Treatment:** 780-538-5210

**AHS Addictions Services:** 780-538-6330

**CMHA Mobile Addictions Outreach Worker:**

780-933-2224

**Additional Services/Supports**

**GP Health Unit:** 780-513-7500

**Pregnant & Parenting Teens:** 780-538-3854

**North Reach:** 780-538-3388

**Gay & Lesbian Association:** 780-513-1990

**PCN Afterhours Clinic:** 780-357-5520

**GP Legal Guidance:** 780-882-0036

**Seniors Outreach:** 780-539-6255

**Native Counselling Services:** 780-532-9359

**Metis Local 1990:** 780-538-9333

**Family & Community Support:**

780-538-0380

**St. Lawrence Centre:** 780-228-5734

**Services outside City of Grande Prairie**

**Women's Shelters**

Fairview Crossroads: 780-835-2120

Grande Cache : 780-827-3776

**Victim Assistance:**

Beaverlodge: 780-354-2955

Fairview: 780-835-4557

Fox Creek: 780-622-3580

Grande Cache: 780-827-3440

Valleyview: 780-524-3184

**Addictions Services:**

Fairview: 780-624-6193

Grande Cache: 780-827-3430

Valleyview: 780-524-2909

**Health Units:**

Beaverlodge: 780-354-2647

Fairview: 780-835-6100

Fox Creek: 780-622-3730

Grande Cache: 780-827-3504

Spirit River: 780-864-3063

Valleyview: 780-524-3338

**Community Resource Centres:**

Beaverlodge: 780-354-4181

Clairmont: 780-567-2843

Fairview: 780-835-7191

Fox Creek: 780-622-3758

Valleyview: 780-524-4106

**Family & Community Support Services:**

Beaverlodge: 780-354-2204

County of GP: 780-532-9722

Fairview: 780-835-5471

Fox Creek: 780-622-3758

Grande Cache: 780-827-4336

Sexsmith: 780-568-4345

Spirit River: 780-864-3500

\*may be temporarily closed due to COVID-19. Please call ahead\*