

Allied Health Services (adults).....	403-529-8851
Childrens Allied Health.....	403-529-8966
Stroke & Brain Injury Support Team.....	403-502-8648

**Ext. 1297**

Sexual and Reproductive Health Clinic. 403-502-8305

**Provincial Support Services**

Alberta Health Care Insurance Plan.....	403-310-0000
Then Dial.....	780-427-1432
Alberta Services/Landlord and Tenant....	780-427-4088

**Toll free: 1-877-427-4088**

Alberta Seniors Benefit.....	1-877-644-9992
Alberta Support Contact Centre.....	1-877-644-9992
Alberta Works Income Support/ AISH....	1-877-644-9992
ALS Society.....	1-800-267-4257
Arthritis Society.....	1-800-321-1433
Canada Pension Plan.....	1-800-277-9914
Cerebral Palsy Association.....	1-800-363-2807
Child and Youth Advocate.....	1-800-661-3446
Community legal Clinic.....	1-877-314-9129
Court & Justice Services.....	1-855-738-4747
Family Supports for Children with Disabilities .....	403-529-3100
Legal Aid Alberta.....	1-866-845-3425



**24 Hour Resources**

Emergency Services.....	911
211 Alberta (call,text or chat).....	211
Health Link.....	811
St John Ambulance.....	800-665-7114
Halo Air Ambulance.....	403-528-9088
Suicide Crisis line.....	988
<b>Text Line (4pm-Midnight)</b>	587-850-5885
Addiction Helpline.....	1-866-332-2322
Alberta's ONE LINE For sexual Violence .....	1-866-403-800
<b>Text Line</b>	866-403-8000
<b>Bullying Line</b> .....	1-877-352-4497
<b>Help Line(Text or Call)</b>	310-1818
Canada Red Cross Society.....	1-800-418-1111
Child Abuse Reporting line.....	1-800-387-5437
Distress Centre Crisis Line.....	403-266-4357
Online Chat distresscentre.com	
Gambling & Substance Abuse.....	1-800-665-9676
Kids Help Phone.....	1-800-668-6868
<b>Text Line</b>	686868
Medicine Hat Women's Shelter Society (Helpline) .....	403-529-1091
<b>Toll free</b>	1-800-661-7949
<b>Web Chat</b>	www.mhwss.ca
<b>Text Line(7am-11pm)</b>	587-850-5885
Mental Health Helpline.....	1-877-303-2642
Persons in Care Abuse Line.....	1-888-357-9339
Victim/Witness Service.....	403-529-8481

**ALL NUMBERS ACCURATE AT TIME OF PRINT  
AUGUST 2025**

**WHEN YOU NEED HELP**

## Counselling (free / Sliding fee scale)

AHS Addiction & Mental Health.....	403-529-3500
Medicine Hat Family Service.....	403-504-8026
Sanare Centre.....	403-548-2717

## Children & Youth Services

Big Brothers Big sisters.....	403-527-6640
Bridges Family Programs.....	403-526-7473
Children Services (south region)....	403-529-3582
Esplanade - City of Medicine Hat....	403-527-6640

## Community support Services

AJ's Loan Cupboard.....	403-580-5580
Al-Anon/Ala-teen.....	403-527-8252
Alcoholics Anonymous.....	403-527-2065
Alzheimer Society of AB/NWT.....	403-528-2700
Brain Injury Relearning Services.....	403-526-5742
CORE Association.....	403-527-3302
Habitat for Humanity .....	403-504-5043
Heart and Stroke foundation of AB.1-866-473-4636	
L.E.A.R.N.....	403-504-3620
Meals on Wheels.....	403-525-8885
Medicine Hat Community Housing.....	402-527-4507
Medicine Hat Police Service.....	403-529-8400
Medicine Hat Public Library.....	403-502-8525
Medicine Hat Transit.....	403-529-8214
Medicine Hat Women's Shelter Society	
.....	403-527- 8223
Miywasin Society Friendship Centre..	403-526-0756
Money Mentors (Credit Counselling)	
.....	1-888-294-0076
Multiple Sclerosis Society.....	1-800-344-4867



## Native Counselling Services of Alberta

.....	780-451-4002
Next Step Residential Services.....	403-527-4999
Nurture Pregnancy Support Centre....	403-504-8560
Office of the Public Guardian/Trustee.	403-529-3744
Probation/Correction Services.....	403-529-3611
REDI Enterprises.....	403-526-5742
Saamis Immigration Services Assoc....	403-504-1188
Safe Link (HIV community Link).....	403-527-5882
Safety City.....	403-529-2912
Salvation Army Family Service.....	403-487-5205
Schizophrenia Society of AB.....	403-526-8515
The Root Cellar.....	403-528-4313
United Way Southeast AB.....	403-526-5544
Veiner Centre.....	403-529-8307
Victim Assistance- Med Hat.....	403-529-8480
YMCA (Downtown).....	403-527-4426
YMCA (Southridge).....	403-526-1632

## Alberta Health Services

Access Addiction & Mental Health South (AAMH)	
.....	1-888-594-0211
Addiction & Mental Health Clinic.....	403-529-3500
Community Health Services.....	403-502-8200
Family Violence Information Line.....	403-310-1818
Healthy Living Program.....	403-529-8969
Home Care Services.....	403-581-5750
Home Rehabilitation Team.....	403-502-8160
<b>Ext. 1497</b>	
Addiction & Mental Health Outreach....	403-502-8617
Medicine Hat Recovery Centre.....	403-529-9021
Medicine Hat Regional Hospital.....	403-529-8000