

# COMMUNITY WELLNESS RESOURCES

## Counselling Services Medicine Hat

<https://www.psychologytoday.com/ca/therapists/ab/medicine-hat>

## Canadian Mental Health Association Medicine Hat

*Recovery College, Programs and Services*

<https://mentalwellnessmatters.ca/recovery-college>

## Primary Care Network

*Medicine Hat Health and Mental Health Community Resources*

<https://www.palliserpcn.ca/local-resources/>

## Help In Tough Times

*Alberta Health Services; information lines, text numbers, online & community access resources & supports*

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

## Togetherall

*An online peer-to-peer support community for your mental health*

[www.albertahealthservices.ca/amh/Page17137.aspx](http://www.albertahealthservices.ca/amh/Page17137.aspx)

## Wellness Together Canada

*Offers free counselling to every Canadian 24 hours per day*

<https://ca.portal.gs>

## Mental Health Commission of Canada

*Self-care, workplace resources, and first responders resource hub*

<https://theworkingmind.ca/resource-hub>

## City of Medicine Hat

*Information on general City of Medicine Hat services*

403.529.8111 [www.medicinehat.ca](http://www.medicinehat.ca)

## City of Medicine Hat Community Resource

*Most current information, resources and non-emergency city information services*

<https://www.medicinehat.ca/what-s-new/covid-19-community-resources>

## Alberta Seniors Benefits

*Information, advice and help accessing programs and benefits for older adults*

1-877-644-9992

## Family Violence Line (24 Hours)

*Toll-free helpline in Alberta for anyone experiencing family violence or abuse, or who knows someone that has questions about family violence. It is confidential and supports are available. Language interpretations services are also available.*

310-1818

## Distress Centres provided to all Albertans (24 Hours)

*Disaster Distress Helpline: 1-800-985-5990*

*or text TalkWithUs to 66746 (TTY 1-800-846-8517)*

*Distress Centre Crisis Line: 1-800-784-2433*

*Mental Health Help Line: 1-877-303-2642*



## 9-1-1 Emergency (24 Hour)

*For EMERGENCY medical, fire & police response*

Call the non-emergency police line at 403.529.8400 to report an incident that is not an emergency

## 8-1-1 Health Link (24 Hour)

*Health advice (including dementia advice) from registered nurses*

## 2-1-1 Alberta (24 Hour)

*Connecting Community Resources & Services to Albertans. Information and referrals for community and social services about not for profit, government and health resources.*

[www.ab.211.ca](http://www.ab.211.ca)

## Important Phone Numbers

**(available 24 hours a day, 7 days a week)**

*Addictions Helpline: 1-866-332-2322*

*Hope for Wellness Help Line: 1-855-242-3310*

*Kids Help Line: text 686868*

*Residential Schools Crisis Line: 1-866-925-4419*



**Medicine Hat**