

When You Need Help

24 Hours Crisis

Emergency Services	911
Suicide Crisis Helpline	988
211 Alberta (call, text, or chat)	211
Health Link	811
Addiction Helpline	1-866-332-2322
Alberta's ONELINE for Sexual Violence	1-866-403-8000
Bullying Line	1-877-352-4497
Canadian Red Cross Society (Disaster Assistance)	1-888-800-6493
Child Abuse Reporting Line	1-800-387-5437
Distress Centre Crisis Line	1-800-784-2433
Kids Help Phone	1-800-668-6868
Kids Help Text	Text 686868
Medicine Hat Women's Shelter	403-529-1091
	toll free: 1-800-661-7949
	webchat: www.mhwss.ca
	Text: 587-850-5885
Mental Health Helpline	1-877-303-2642
Mustard Seed Emergency Shelter	1-825-222-4636
Talk Suicide Canada	1-833-456-4566
	text (4pm-midnight ET) 45645

Counselling (free/sliding scale)

Access Addiction and Mental Health AAMH	1-888-594-0211
Medicine Hat Family Service	403-504-8026
Mustard Seed Wellness Centre	1-825-222-4747
Sanare Centre	403-548-2717

Children & Youth Services

Big Brothers Big Sisters	403-527-6640
Bridges Family Programs	403-526-7473

Children's Services (South Region)	403-529-3657
McMan Youth, Family & Comm. Services	403-527-1588
Redcliff Youth Centre	403-548-2811

Community/Health Support Services

AJ's Loan Cupboard	403-580-5580
Al-Anon/Alateen	403-527-8252
Alcoholics Anonymous	403-527-2065
Alzheimer's Society of AB/NWT	1-866-950-5464
Brain Injury Relearning Services (BIRS)	403-528-2661
CORE Association	403-527-3302
Family Supports for Children w/ Disabilities	403-529-3100
L.E.A.R.N.	403-504-3620

Community/Health Support Services

Medicine Hat Community Housing	403-527-4507
Medicine Hat Police Service (non-emergency)	403-529-8500
Medicine Hat Public Library	403-502-8525
Medicine Hat Public Library Social Work Office	587-770-1421
Medicine Hat Transit	403-529-8214
Medicine Hat Women's Shelter	403-527-8223
Military Family Resource Centre	403-544-5567
Miywasin Friendship Centre	403-526-0756
Money Mentors (credit counselling)	403-487-5205
Multiple Sclerosis Society	1-844-859-6789

Next Step Residential Services	403-527-4999
Nurture Pregnancy Support Centre	403-504-8560

Office of the Public Guardian/Trustee	403-529-3744
Our Collective Journey	403-800-1191

Probation/Corrections Services	403-488-4547
Red Cross Short Term Equipment Loans	403-526-3048
REDI Enterprises Society	403-526-5742

Saamim Immigration Services Association	403-504-1188
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SafeLink Alberta Medicine Hat	403-527-5882
Salvation Army Family Services	403-528-3247
Schizophrenia Society of AB	403-526-8515

Southeast AB Fetal Alcohol Network (SEAFAN)	403-548-2963
The Root Cellar	403-528-4313

United Way SE AB	403-526-5544
Unison at Veiner Centre	403-529-8307
Victim's Assistance	403-529-8480
YMCA Medicine Hat (Downtown)	403-527-4426

Alberta Health Services, Recovery

Alberta, Primary Care Alberta

Access Addiction and Mental Health AAMH	1-888-594-0211
Adult Mental Health & Addiction Services	403-529-3500
Child, Youth, Family & Prevention Services	403-529-3582
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

Alberta Health Services, Recovery

Alberta, Primary Care Alberta

Home Rehabilitation Team	403-582-8648 ext. 1497
Mental Health & Addiction Outreach Services	403-502-8617
Medicine Hat Recovery Centre	403-529-9021
Opioid Dependency & Narcotic Transition Services	1-825-406-6094
Medicine Hat Regional Hospital	403-529-8000
Allied Health Services (Adults)	403-529-8851
Children's Allied Health Services	403-529-8966
Stroke & Brain Injury Support Team	403-502-8648 ext. 1297
Sexual & Reproductive Health Clinic	403-502-8305

Provincial and/or Federal Support Services

Alberta Health Care Insurance Plan	403-310-0000 then dial 780-427-1432
Alberta Mental Health Patient Advocate	403-310-0000 then dial 780-422-1812
Alberta Services/Landlord & Tenant	1-877-427-4088
Alberta Supports Contact Centre	1-877-644-9992
AISH (current clients)	403-529-3683
ALS Society	1-800-267-4257
Arthritis Society	1-800-321-1433
Canadian Dental Care Plan	1-833-537-4342
Canadian Disability Benefit	1-833-486-3007
Canada Pension Plan & Old Age Security	1-800-277-9914
Canada Revenue Agency	1-800-959-8281
Cerebral Palsy Association	1-800-303-2807
Child & Youth Advocate	1-800-661-3446
Community Legal Clinic	1-877-314-9129
Court & Justice Services	1-855-738-4747
Employment Insurance	1-800-206-7216
Heart & Stroke Foundation of AB	1-888-473-4636
Indigenous support line (AHS)	1-844-944-4744
Legal Aid Alberta	1-866-845-3425
Metis Nation of Alberta	1-877-454-0684
Passport	1-800-567-6868
Red Cross Friendly Calls Program	403-541-4438
Residential School Survivor Support Line	1-866-925-4419

All numbers were correct at the time of printing but are subject to change
September 2025