

Support Resources

Name	Description	Phone number	Website
AHS Mental Health Helpline	Provides 24/7 confidential, anonymous service, crisis intervention, information about mental health programs and services and referrals to other agencies if needed.	1-877-303-2642	www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacility-ID=1047134
Legacy Place Society	Provides confidential and safe transitional housing (individually or as a family) for well-being and security, access to professional support, and confidential crisis response by telephone that facilitates connection to professional and peer support.	403-201-9945	www.legacyplacesociety.com
ACIPN	The ACIPN is a peer led, peer driven support network of first responders for first responders, whose volunteers are trained in best practices and deliver support in accordance with the ACIAC standards. ACIPN now offers 24/7/365 peer support after a crisis.	1-833-894-2476	www.abcism.ca/wp-content/uploads/2019/06/ACIAC-Stress-Brochure-2019.pdf
Workers Compensation Board	PTSD may be work related and is covered under policy for all workers, with each claim considered on a case-by-case basis.	1-866-922-9221	www.wcb.ab.ca/resources
The Homewood Clinic	Homewood Health has five locations across Canada including Edmonton and Calgary, and with 135-years of experience are leaders in the treatment of depression, anxiety, PTSD and addiction. Individuals can call themselves or be referred by another healthcare professional.	1-866-978-4915	www.homewoodhealth.com/clinics/overview
APFFPA	The Alberta Professional Fire Fighters & Paramedics Association represents professional Fire Fighters, Paramedics, and Dispatchers in 20 communities across Alberta and the North West Territories.		www.albertafirefighters.com/
Wellness Together Canada	Free and confidential mental health and substance use support is available 24 hours a day, 7 days a week	1-866-585-0445 or text WELLNESS to: 686868 for youth 741741 for adults"	www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html
CMHA	They have chapter sections across Alberta		www.cmha.ca/find-help/find-cmha-in-your-area
Centre for Suicide Prevention	105 12 Avenue S.E. Suite 320 Calgary	403-245-3900	www.suicideinfo.ca or Email: csp@suicideinfo.ca
211 Alberta	Connect to helplines		www.ab.211.ca
Crisis Services Canada / Talk Suicide Canada	Phone available 24/7/365 Text available 4 pm-midnight ET"	1-833-456-4566 or text 45645	www.talksuicide.ca