

Need to talk?

Bentley – Numbers Where YOU CAN Connect

No matter what...remember you are NEVER alone...
Reaching out is sometimes the hardest step...
There are times in all of our lives when we
need the help of someone else to dust us off
so that our light can shine again...
even brighter than before... Be brave...
You are worth it! You were brought to this Earth for
a reason...and we need you!

Here's where you can reach out...there are lots of us who care...

In your community:

Family School Wellness Worker, Laurie Smith 403-748-3770
Community Services – 403-748-2160 – information and referral only.
Medical Clinic – Wed evenings and Thurs mornings 403-748-3688

Hot Lines and Emergency Numbers:

Alcoholics Anonymous & Al Anon Family Groups 403-782-4370 or 403-782-2875 - City of Lacombe
HealthLink Alberta 1-866-408-5465
Alberta Health Services Addictions and Mental Health 403-340-5274 counselling can be arranged in Lacombe
Crisis Center 403-340-1124
403-356-1099 or 1-866-956-1099 sexual assault distress line
<http://www.cacrisiscentre.ca/>
Street Ties Youth Outreach 403—3488406 Red Deer
Women's Emergency Shelter 403-346-5643 Red Deer

<http://www.suicidehelp.ca/> information/education with youth specific site

Kids Help Phone
1-800-668-6868

Or visit their website at www.kidshelpphone.com
(these guys are 24-7, they're trained psychologists and they don't have call display)

Native Youth Crisis Hotline: 1-877-209-1266 (24/7)

Street Ties

Phone: 403-342-2285

Address: 4914-46Street, Red Deer, AB

Helps youth that are associated with a high risk lifestyle, they'll even accept you if you're high or drunk.

CMHA (Canadian Mental Health Association)

Phone: (403) 342-2266

Address: 5017 50Ave, Red Deer AB

They can give you all kinds of information, just ask them a question!.

Central Alberta Aids Network Society

Phone: 346-8858

Address: 4611 50Ave, Red Deer, AB

What they can do: needle exchanges, addiction support, gender & sexual orientation support.

Parkland Family Center

Phone: (403) 340-8995

Address: 4920 54St, Red Deer, AB

What they can do: FREE walk in counseling (no need to make an appointment!) on Tuesdays & Thursdays from 6-8pm, and Fridays 1-3pm. Your parents don't have to know if you don't want them to.

49th Street Youth Shelter

Phone: 403-342-6500

403-341-3190 (24 hour crisis line)

Address: 4633 49St, Red Deer, AB

If you need a place to crash for a couple of weeks, due to violence in your home or homelessness, they can help