

# **Children and Youth Mental Health Service Directory**

Lethbridge and Surrounding Area

**This Service Directory was created as part of the  
Children and Youth Mental Health (CYMH) project team.**

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# Did you know?

The city of Lethbridge, and the towns located within 25km of the city, have many great services and agencies for youth that focus specifically on mental health and wellbeing. This Service Directory contains a list of agencies and organizations that offer programs and services for children and youth. It's intended to help connect young people to the agencies and programs who can support and assist them when needed.

This Children and Youth Mental Health Service Directory was created to help children, youth, parents, caregivers, and anyone who works with youth easily find everything from crisis supports and mental health education to recreation activities and support groups. All of the agencies and organizations that are included in this guide are here because they offer services or supports that relate to children and youth mental health and wellbeing.

All information in this Service Directory was obtained from 211 Alberta, [informalberta.ca](http://informalberta.ca), and [helpseeker.org](http://helpseeker.org), which are online databases that list information on community, health and social services all over Alberta.

While all of the resources, supports, and agencies listed here have been narrowed down for people between the ages of 12 and 17, some services and programs are for individuals outside of the 12 to 17 age range or outside of Alberta. Check with the agency to see what age groups or geographic jurisdictions they offer services to.

We aimed to create this list to be as inclusive as possible; however, programs change from time to time. This service directory is up to date as on March 31, 2021. For any updates, please refer to individual agency's website.

# Acknowledgements

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Big Brothers Big Sisters of Lethbridge and District

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(County of Grande Prairie)

Hull Services (Calgary)

McMan Youth, Family and Community Services  
Association (Southern Alberta)

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University of Calgary, Werklund School of Education

Western University, Faculty of Health Sciences

Wood's Homes (Calgary)

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# URGENT NEEDS

## EMERGENCY CONTACTS

<u>Ambulance</u>	<u>911</u>
Chinook Regional Hospital	403-388-6111
<u>Fire</u>	<u>911</u>
Teletype TDD Voice	403-327-3336
<u>Police</u>	<u>911</u>
Teletype TDD Voice	403-328-4445
Non-Emergency or Police Complaints	403-328-4444
City of Lethbridge	311
Poison and Drug Information	1-800-332-1414
Water and Sewage Emergency	403-320-3850

## HELPLINES & CRISIS NUMBERS

Alberta Provincial Abuse Helpline	1-855-443-5722
Bullying Helpline	1-800-456-2323
Child Abuse Hotline	1-800-387-5437
Child Intervention After-Hours Crisis Line	1-800-638-0715
Chinook Sexual Assault Centre	403-694-1094
Diversion Outreach Teach (DOT)	403-892-3707
Family Violence Line	403-310-1818
Hope for Wellness Helpline	1-855-242-3310
Health Link Alberta	811
Kids Help Phone	1-800-668-6868
Lethbridge Corridor Victim Services Crisis Line	403-393-8107
LGBT Youthline	1-800-268-9688
Mental Health Helpline	1-877-303-2642
TransLife Line	1-877-330-6366

### Online Resources

211	<a href="https://211.ca">https://211.ca</a>
Helpseeker	<a href="https://helpseeker.org">https://helpseeker.org</a>
Informalberta	<a href="https://informalberta.ca/">https://informalberta.ca/</a>
Report Hate Crimes	<a href="http://www.stophateab.ca">www.stophateab.ca</a>



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# AGENCY LISTINGS

211

<https://ab.211.ca/>

- Province wide information and referral service database for a wide range of resources and supports

## 5<sup>th</sup> on 5<sup>th</sup> Youth Services

403-329-3555

435 5<sup>th</sup> St S

<http://youth.ab.ca>

- Offers life skill development programs for youth with any self-identified disability
- Programs include budgeting, nutrition, work skills, employment, etc.
- Offers workshops on a variety of topics like resume building, job searches, and interview techniques
- Youth are provided with opportunities to job shadow, meet contacts, and receive paid work experience

## Addiction Help Line, Alberta Health Services

Alberta Wide

1-866-332-2322

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1008399>

- 24/7, confidential service that provides support, information and referrals to any Albertan in need who is experiencing addiction and/or mental health concerns

## Alberta Provincial Abuse Helpline

1-855-443-5722

- Help and information line for anyone who is experiencing or suspects someone is experiencing family violence or abuse
- Phone line offers assistance in more than 100 languages

## Alberta Sexual Assault Services

1-866-403-8000

<https://aasas.ca/support-and-information/>

- Offers phone, text or online chat services on education and support for anyone who is currently, or has in the past, experienced sexual abuse and/or sexual assault
- Helps connect individuals to organizations that provide related services or supports in their location
- Call or text 1-866-403-8000 to connect with a worker

## Anxiety Canada

<https://www.anxietycanada.com>

- Offers free online, self-help and evidence-based resources for anxiety
- Tools include an app to help manage anxiety

## Associates Counselling Services

239 12B St N, Lethbridge

403-381-6000

<https://talkinghelps.ca/children-teens/>

- Offers individual and family counselling
- Offers addictions counselling
- Offers the Family Violence Treatment Program for individuals who have been mandated through the legal system for charges related to domestic violence
- Provides group treatment, addiction and/or mental health treatment and support, and individual counselling (referral required for this service)

## Audiology & Children's Allied Health Services, Alberta Health Services

200 4 Ave S, Lethbridge Melcor Centre

403-328-5139

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1001806&serviceAtFacilityID=1101933>

- Offers skill-building, assessment, and treatment activities for children who have or may develop emotional or behavioural problems, developmental delays, or disabilities
- Offers audiology assessment and services, occupational therapy, physical therapy, speech language therapy, eating, feeding and swallowing services (physician or self-referral)
- Developmental and Behavioural Diagnostic Clinic services available (physician or self-referral)

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# AGENCY LISTINGS

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## **Better Beginnings, Alberta Health Services**

### Coaldale Health Centre

2100 11 St, Coaldale

403-345-3000

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=3791&serviceAtFacilityID=1120912>

### Lethbridge Health Unit

801 1 Ave S, Lethbridge

403-388-6661

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=3791&serviceAtFacilityID=1120907>

### Piyami Health Centre

300A Rogers Ave, Picture Butte

403-388-6751

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=3791&serviceAtFacilityID=1120917>

- Offers support and information on healthy lifestyles choices for pregnant and parenting women, and referrals for other community agencies
- Offers resources such as vouchers, prenatal vitamins, a library card, and baby items
- Offers support and help to quit smoking

## **Big Brothers Big Sisters of Lethbridge and District**

622 6 Ave S, Lethbridge

403-328-9355

<https://lethbridge.bigbrothersbigsisters.ca/>

- Offers individual and group mentoring programs
- Connects youth with adult mentors to help youth build healthy relationships and skills

## **Boys & Girls Club of Lethbridge**

1405 8 Ave N, Lethbridge

403-327-6423

<https://bgclethbridge.com/index.html>

## Youth Centre

227 12B St N, Lethbridge

403-634-7000

<https://bgclethbridge.com/index.html>

- Offers both in-person and virtual programming for youth
- Offers drop-in and recreation programs for youth
- Offers a variety of support groups for youth (online and in-person)
- Offers leadership and tutoring programs

## **Bridges Consulting**

290 – 104 13 St N, Lethbridge

587-425-4211

<http://bridgesconsulting.ca/>

- Offers a wide range of group programs and supports for individuals with developmental needs
- Offers individual consultation and support to families with children who have a range of complex needs

## **Bullying Helpline**

1-888-456-2323

<https://www.alberta.ca/bullying-find-supports.aspx>

- Phone or utilize the online chat to have a 30-minute session with trained staff/counsellors
- Offers support for individuals being bullied or who need advice on how to help others who are being bullied

## **Canada Drug Rehab Addiction Services Directory**

1-888-245-6887

<https://www.canadadrugrehab.ca>

- Toll free help line
- Database for addiction services

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# AGENCY LISTINGS

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## Canada Suicide Prevention Service

Phone: 1-833-456-4566

Text: 45645

<https://www.crisisservicescanada.ca/en/>

- Offers support and a safe space to talk, free of judgement, for anyone thinking about suicide, or about a friend or loved one who is affected

## Canadian Mental Health Association, Alberta South Region

426 6 St S, Lethbridge

403-329-4775

<https://lethbridge.cmha.ca/>

- Offers a variety of programming to facilitate recreation and leadership for children and youth who are experiencing mental health and/or behavioural challenges
- Offers Family and Peer Support groups for parents and caregivers of someone experiencing mental health concerns

## C.A.R.E. Campus, Holy Spirit Catholic School Division

339 18 St S, St. Francis Junior High School

403-327-3402

[https://www.holyspirit.ab.ca/educational\\_services/students\\_services/inclusive\\_education/care\\_campus](https://www.holyspirit.ab.ca/educational_services/students_services/inclusive_education/care_campus)

- Provides opportunities for students to build life and social skills, and develop positive behaviours throughout academic and community-based activities
- Alternate educational placement for students in Grade 7-9

## Centre for Online Mental Health Supports

<https://www.comhs.health>

- Offers free virtual support groups and a variety of webinars on mental health related topics for youth

## Child Abuse Hotline

1-800-387-5437

<https://www.alberta.ca/find-supports-for-child-abuse-neglect-and-sexual-exploitation.aspx>

- Connects callers with Alberta Child Intervention supports to report concerns and/or get help for individuals who are being neglected, abused or sexually exploited

## Child and Adolescent Mental Health Program (C.A.M.P.), Alberta Health Services

960 19 St S, Lethbridge Hospital

403-388-6512

<https://www.albertahealthservices.ca/findhealth/service.aspx?Id=3774&facilityId=3312>

- In-patient program for youth and adolescents who are experiencing emotional, behavioural, and developmental difficulties such as depression, anxiety, psychosis, attention deficient, or finding day-to-day functioning challenging (referral required)
- Offers assessment, initial treatment, and community referrals

## Child and Adolescent Mental Health Program (Community), Alberta Health Services

200 4 Ave S, Melcor Centre

403-381-5278

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=3751&serviceAtFacilityID=1103583>

- Offers services to youth who have mental health concerns that affect how they function at home, in school, or in the community
- Offers help during a crisis, psychiatrist help, individual, family and group therapy, provides referrals to other community programs

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# AGENCY LISTINGS

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## **Chinook Sexual Assault Centre**

502 740 4 Ave S  
403-694-1094

<https://csacleth.ca/>

- Offers free services; crisis support, counselling, advocacy, education and legal support for all genders and ages experiencing domestic violence and/or sexual assault
- Offers peer support groups

## **Community Helpers Program, Alberta Health Services**

960 19 St S, Lethbridge Hospital  
403-327-5724

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1073813&serviceAtFacilityID=1115277>

- Offers a suicide prevention program that can be delivered in both school and community settings
- Helps people identify strengths, reduce stigma of mental health and suicide by raising awareness

## **Connecteen**

Phone: 403-264-8336

Text: 587-333-2724

<https://calgaryconnecteen.com/2015/02/need-help/>

- Connect with a teen volunteer
- Confidential peer support service for youth via phone call, text or online chat session
- Judgment free support for all issues; youth can speak to someone who will understand their responsibilities, stresses, and unique situation or problems

## **Counselling, Outreach and Education, Lethbridge Family Services**

1098 – 3 Ave N  
403-327-5724

[Lfsfamily.ca](http://Lfsfamily.ca)

- Offers a variety of programs for individuals and families, including counselling
- Offers outreach and education programs, training, workshops, etc.
- Offers a Community Helpers program for youth who need peer support

## **CNIB Foundation**

#100 410 Stafford Drive S, Lethbridge Deveta Place  
403-327-1044

<https://cnib.ca/en?region=ab>

- Offers resources for families with children who have disabilities, particularly those with vision loss
- Offers virtual interest and activity groups for individuals

## **Crisis Text Line Canada**

Text: 741 741

<https://www.crisistextline.org>

- Text HOME to 741 741 to receive 24/7 crisis support and connect with a Crisis Counsellor

## **Crossroads Counselling**

#202 542 7 St S  
403-327-7080

<https://www.crossroadscounselling.ca/>

- Offers counselling sessions for children, youth, and families
- Offers virtual group counselling sessions on a variety of topics

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# AGENCY LISTINGS

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## **DaCapo Disability Services, Lethbridge Family Services**

1107 – 2 Ave A N  
403-320-9119  
[Lfsfamily.ca](http://Lfsfamily.ca)

- Offers a variety of programs and services for individuals with disabilities, including development disabilities, FASD, and brain injuries

## **Distress and Suicide Prevention Line, Canadian Mental Health Association**

426 6 St S  
403-381-1116  
<https://lethbridge.cmha.ca/programs-services/crisis-services/distress-line-of-south-western-alberta/>

- Offers support services and crisis intervention to anyone experiencing a crisis for any reason
- 24/7 services available
- Mental health and stabilization crisis beds available

## **Distress Centre Crisis Support**

403-266-4357  
<https://www.distresscentre.com/need-help/>

- Offers 24/7, free, phone call, text and online chat support for anyone who needs support or someone to talk to for any reason
- Call or text 403-266-4357

## **Diversion Services, Alberta Health Services**

200 5 Ave S, Lethbridge Provincial Building  
403-388-6547  
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1075108&serviceAtFacilityID=1120853>

- Programs for youth with a suspected mental health disorder who have been charged with a low risk, minor, offence(s) that help divert them from the criminal justice system to appropriate community supports

- Supports help address addiction, mental health, social, physical, educational, life skills, and/or spiritual health needs
- Treatment modalities offered include Cognitive Behavioural Therapy, Brief Solution Focused Therapy, etc.

## **Division Wellness Team, Lethbridge School Division #51**

All Schools, Lethbridge School Division #51  
<https://www.lethsd.ab.ca/departments/counselling-services>

- Offers student access to counsellors and student support workers
- Additional supports available through school Indigenous grad coaches and the Mental Health Capacity Building Team
- Additional learning supports and services available for English Language Learners

## **Family and Community Support Services (FCSS)**

<https://fcss.ca/>

**FCSS Coaldale**  
2107 13 St, Coaldale  
587-370-3738

- Offers additional services to Indigenous and Low German families

## **FCSS Coalhurst Elementary School**

510 51 Ave, Coalhurst  
587-370-3728

**FCSS Parent Link Centre**  
607 Highway Ave N, Picture Butte  
403-732-5470

- Offers a wide range of programs for individuals and families
- Offers counselling, Parent Link parenting supports, play groups for young children and families, and skill building groups



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# AGENCY LISTINGS

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## **Family Centre Lethbridge**

<https://www.famcentre.ca/>

### Family Centre, Downtown Branch

#225 200 – 4 Ave S, Lethbridge  
403-320-4232

### Family Centre, West Branch

#10 230 Coalbanks Blvd W, Lethbridge  
403-359-8092

- Offers free counselling supports for individuals and families
- Offers a variety of support groups and youth wellness groups

## **Family Information Liaison Unit**

Toll Free: 310-0000 then 780-644-9825

<https://www.alberta.ca/family-information-liaison-unit.aspx>

- Offers support, information, and counselling for families of missing and murdered Indigenous women and girls
- Information about the justice system and legal processes, updates on criminal investigations, court proceedings and inquiries
- Connections to counselling, spiritual support and Elders

## **Family Preservation Program,**

### **McMan Youth, Family and Community Services Association**

435 5 St S  
403-328-2488

<https://www.mcmansouth.ca/family-preservation-program.html>

- Works with caregivers, youth and their families to provide programming opportunities to aid in skill development and building resiliency
- Offers parent/teen mediation, caregiver/youth/family groups, family activities, community and/or cultural connections and referrals, and private mentorship sessions

## **Family School Liaison Counselling Program, Holy Spirit Catholic School Division**

Lethbridge, Coaldale, Picture Butte

[https://www.holyspirit.ab.ca/educational\\_services/students\\_services/counselling](https://www.holyspirit.ab.ca/educational_services/students_services/counselling)

- Offers in-school supports and counselling for all students in need
- Assists students in developing strategies to navigate social/emotional and mental health difficulties, and develop their full potential

## **Family School Liaison Counselling Program, Palliser Regional Schools**

R.I. Baker Middle School and Kate Andrews High School, Coaldale

<https://www.pallisersd.ab.ca/schools/our-schools/86#:~:text=Palliser's%20Family%20School%20Liaison%20Program,family%2C%20child%2Fyouth%20and%20school>

- Offers emotional, social and spiritual supports to students and their families
- Offers individual counselling, peer support programs and support groups

## **Family Ties Association**

909 3 Ave N  
403-320-8888

<https://www.familyties.ca/>

- Offers a wide variety of supports for individuals and families, parenting supports, supports for people with disabilities and behavioural concerns, and skill development programs

## **Family Violence Information Line**

403-310-1818

<https://www.alberta.ca/family-violence-find-supports.aspx>

- Phone or utilize the online chat anonymously for a 30-minute session to receive help and support related to family violence or domestic violence
- Learn about your rights for protection

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# AGENCY LISTINGS

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## **Family Violence Prevention Program, Alberta Health Services**

200 5 Ave S  
403-327-5724

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1069559&serviceAtFacilityID=1120859>

- Provides assessment and treatment for individuals who are mandated through the court system for charges related to domestic violence, non-mandated individuals may participate based on space availability and clinician judgement
- Treatment program includes group treatment, addiction and/or mental health treatment and support, and individual counselling sessions as needed
- Program offers partner safety checks and referrals to support services and programs as needed

## **FASD LifeSpan Program, McMan Youth, Family and Community Services Association**

435 5 St S  
403-328-2488

[https://www.mcmansouth.ca/sw\\_fasd-lsp.html](https://www.mcmansouth.ca/sw_fasd-lsp.html)

- Provides support to caregivers of individuals of any age, who are either diagnosed with or suspected of having FASD
- Family Support Workers provide information and education on FASD, strategies and interventions, and advocacy for community supports
- Lifespan Workers provide assistance with daily living supports based on the assessed needs of the individual (16 years or older), who are diagnosed with or suspected of having FASD

## **First Nations Health Consortium**

1-844-558-8748

<https://www.abfnhc.com/index.php/contacts>

- Provides supports to families in accessing education, health or social programs to meet children and youth's need
- Provides guidance in navigating provincial and federal systems for supports and resources

## **First Nations Métis and Inuit Liaison Program, Lethbridge School Division #51**

Lethbridge Collegiate Institute  
1701 5 Ave S  
403-328-9979

<https://lci.lethsd.ab.ca/students/counseling/mental-health-and-wellness>

- Offers in-school supports and resources for Indigenous students
- Assists students in developing strategies to navigate difficulties and develop their full potential

## **Harbour House, YWCA Lethbridge and District**

604 8 St S  
403-327-9112

<https://ywcalethbridge.com/programs-services/poverty-housing-homelessness/>

- Offers supports, resources and counselling options for youth and women experiencing domestic violence, trauma and homelessness
- Emergency shelter for youth and women in need
- Partnership with Lethbridge School District #51 to help youth residing in the shelter support their educational needs

## **Health Link**

811

<https://www.albertahealthservices.ca/assets/healthinfo/link/index.html>

- Offers health advice, information and assistance in finding health care supports and resources for individuals of all ages

## **Hope for Wellness Helpline**

1-855-242-3310

<https://www.hopeforwellness.ca>

- Offers mental health counselling and crisis intervention to all Indigenous people in Canada via phone or through the website's online chat

# AGENCY LISTINGS

## Immigrant Services, Lethbridge Family Services

1107 – 2 Ave A N  
403-320-1589  
[Lfsfamily.ca](http://Lfsfamily.ca)

- Offers a variety of programs for individuals and families
- Offers immigrant services and assistance for newcomers to Canada, school-based settlement support, youth empowerment, and counselling

## Indigenous Health Program, Alberta Health Services

200 4 Ave S, Lethbridge Melcor Centre  
587-787-3003  
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1069903&serviceAtFacilityID=1108854#contentStart>

- Provides accessible, culturally appropriate health services for First Nations, Métis and Inuit people
- Connects Indigenous patients and their families to health services and programs

## Indigenous Liaison Hospital Services, Alberta Health Services

960 19<sup>th</sup> St S  
587-220-2542  
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1070601&serviceAtFacilityID=1109852>

- Provides First Nations, Métis and Inuit people and their families with help to feel comfortable in the hospital, making referrals and support talking to healthcare providers about Indigenous culture
- Offers patient advocacy, cultural teachings, language interpretation, and many other supports (i.e., Smudging, Elder services)

## Key Connection Consulting

1245 2 Ave S, Lethbridge  
403-524-2522  
<http://www.keyconnectionsconsulting.com/>

- Offers individual and family counselling, behavioural consultation and supports, assessments, occupational therapy and speech-language pathology
- Offers a variety of workshops, training and presentations to organizations, schools, parent groups, etc.

## Kids Help Phone

Phone: 1-800-668-6868  
Text: 686 868  
<https://kidshelpphone.ca/call/>

- Offers text, phone call, Facebook messenger, and live chat through their website to connect youth with a crisis responder or counsellor for any issues or concerns
- Offers information on emotional well-being, bullying, abuse, school and work, sex and relationships, friends and family, identity, and physical health

## Lethbridge Youth Treatment Centre, Alberta Health Services

402 6 Ave N, Lethbridge  
403-388-7600  
<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityId=1087751>

- Offers assessments, skill-building, individual, family, and group counselling to support youth's recovery from substance use and gambling
- 8-bedroom facility, monitored 24/7, that provides a safe and supportive environment for youth (referral required)

## Lethbridge Counselling Services

#207 740 4 Ave S, Lethbridge  
403-942-0452  
<http://www.counsellinglethbridge.ca/>

- Offers individual, couple, and family counselling

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# AGENCY LISTINGS

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## **Lethbridge Institute of Family Therapy**

#302 402 2 Ave S  
403-849-7827

<https://www.lethbridgetherapy.com/>

- Offers counselling services for children, youth and families

## **Life Unscripted Counselling**

1605 3 Ave S  
587-257-0403

<http://www.lifeunscriptedcounselling.ca/individual-counselling.html>

- Offers counselling services for children, youth and families

## **LGBT Youthline**

647-694-4275

<https://www.youthline.ca>

- Offers confidential and non-judgemental peer support to LGBTQ2S+ individuals through phone call, text and online chat services

## **Meaningful Daily Activity Program (MDAP), McMan Youth, Family and Community Services Association**

435 5 St S  
403-328-2488

[https://www.mcmansouth.ca/sw\\_mdap.html](https://www.mcmansouth.ca/sw_mdap.html)

- Program offers alternative options for youth who may not engage or succeed in typical school programs; MDAP provides a flexible environment that meets youth where they're at and helps provide them with the most meaningful day possible (e.g., Vocational/job training, casual day labour opportunities, tutoring and academic assistance, physical activities, life-skills instructions, mentorship, creative opportunities, cultural connections, addictions awareness, and harm-reduction)
- Youth Drop-in Centre offers audio-recording equipment, computer access, video games, and more

## **Mental Health Help Line, Alberta Health Services**

Alberta Wide  
1-877-303-2642

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

- 24/7 anonymous and confidential service that provides support, information and referrals to all Albertans experiencing mental health concerns

## **Mobile Addiction Outreach, McMan Youth, Family and Community Services Association (South Region)**

435 5 St S  
403-328-2488

[https://www.mcmansouth.ca/sw\\_mao.html](https://www.mcmansouth.ca/sw_mao.html)

- Provides information and support to high risk and vulnerable youth who are experiencing addiction concerns
- Workers help connect youth to supports and services in the community

## **National Eating Disorder Information Centre**

1-866-633-4220

<https://nedic.ca/contact/>

- Offers support, strategies and online resources for individuals struggling with eating disorders, or who have concerns related to eating disorders
- Offers phone and online chat sessions to provide individuals, or their loved ones, with information and support

## **Nisa Helpline**

1-888-315-6472

<https://nisahelpline.com>

- Anonymous, confidential phone line for Muslim women that offers support, help and assistance related to a variety of concerns including domestic abuse, marital matters, mental health, self-esteem, addiction, sexuality and Islamophobia
- Options for faith-based counseling

# AGENCY LISTINGS

## Opokaa'sin Early Intervention Society

241 Stafford Drive N  
403-380-2569

<https://www.opokaasin.org/programs-services>

- Early Learning program provides young children with opportunities for spiritual, emotional, intellectual and physical development; parents are supported in their role as the child's most influential teacher
- Family Preservation Program offers in-home family supports, supervised visits, transportation and youth mentorship for individuals involved with Child and Family Services

## Parkside Group Home, McMan Youth, Family and Community Services Association (South Region)

712 1 Ave S  
403-327-5497

[https://www.mcmansouth.ca/sw\\_pgh.html](https://www.mcmansouth.ca/sw_pgh.html)

- 6-bedroom facility, monitored 24/7, that provides a safe and supportive environment for youth
- Offers harm reduction strategies, counselling, skill building and cultural supports
- Works with youth and their families to help in the reunification process

## Protection of Children Abusing Drugs Program, Alberta Health Services

1-866-332-2322

<https://www.albertahealthservices.ca/amh/Page2547.aspx>

- Protection of the Children Abusing Drugs Program for very at-risk youth
- Program involves detoxification, stabilization, and assessment
- Referral required, program is in Calgary, AB

## PurposeMed

<https://www.purposemed.com/for-patients>

- Offers free, online, doctor's clinic sessions for any individual with an Alberta Health Care number

## Schizophrenia Society of Alberta

234C 12B St N  
403-327-4305

<https://www.schizophrenia.ab.ca/>

- Offers support and education for individuals, family members, and caregivers impacted by schizophrenia
- Offers information and education for community members and school groups
- Additional supports available for individuals living with schizophrenia who need assistance accessing employment
- Offers phone call supports, virtual peer support groups and individual support sessions

## Sexual Assault Response Team, Alberta Health Services

960 19<sup>th</sup> St S, Chinook Regional Hospital  
403-388-6111

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1073404&serviceAtFacilityID=1121604>

- Provides medical care and sexual assault examinations for anyone who has been sexually assaulted in the last 96 hours (4 days)
- Provides the option for individuals to choose to receive medical care with or without further forensic investigation and/or police involvement
- Offers treatment and prevention for sexually transmitted infections, HIV, pregnancy and other concerns
- Offers referrals for follow-up care, including counselling and support

## Sifton Family and Youth Services

528 Stafford Drive N  
403-382-5411

- An 8-bed facility, monitored 24/7, that offers residential treatment and secured services for at-risk youth displaying mental health, behavioural, emotional and/or situational concerns



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# AGENCY LISTINGS

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## **Sik-oo-kotoki Friendship Centre**

1709 2 Ave S  
403-328-2414

- Provides cultural programs, services and resources to Indigenous children, youth and families
- Youth Drop-in Centre offers programs and events

## **Spiritual Care Program, Alberta Health Services**

### Chinook Regional Hospital

960 19 St S, Lethbridge  
403-388-6024

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=3763&serviceAtFacilityID=1000289>

### Coaldale Health Centre

2100 11 St, Coaldale  
403-328-2292

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=3763&serviceAtFacilityID=1115865>

- Offers spiritual, emotional and religious support to patients and their families in the hospital during times of health crisis, isolation, and vulnerability

## **St. John's Ambulance, Lethbridge Training Centre**

1254 3 Ave S  
403-327-2847

<https://www.sja.ca/English/Community-Services/Pages/Therapy%20Dog%20Services/default.aspx>

- Offers a therapy dog program for individuals who need comfort, are sick, lonely, or in need of a visit

## **Text4Hope, Alberta Health Services**

<https://www.albertahealthservices.ca/topics/Page17019.aspx>

Text: 393939

- Free service providing three months of daily Cognitive Behavioural Therapy based text messages written by mental health therapists
  - Receive daily messages via text that help support and encourage healthy personal coping skills and resiliency
  - Text COVID19HOPE to 393939 to subscribe to the daily message program
- Additional programs:
- Text Open2Change to 393939 to subscribe to the addiction program
  - Text CancerCare to 393939 to subscribe to the cancer program

## **Therapeutic Recreation, Alberta Health Services**

2100 11 St, Coaldale  
403-345-6489

albertahealthservice.ca

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1026653&serviceAtFacilityID=1047272>

- Assists individuals with physical, social, emotional, and mental health challenges by assessing their needs and strengths and developing a therapy plan
- Teaches skill-building, how to use resources, and offers options for recreation activities and pet therapy

## **Togetherall**

<https://togetherall.com/en-ca/contact/>

- Online platform that allows members access to resources and peer-support groups for anxiety, depression and other common mental health issues

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# AGENCY LISTINGS

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## **Traditional Wellness Counsellor Services, Alberta Health Services**

960 19<sup>th</sup> St S  
403-787-3003

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1070610>

- Provides traditional Indigenous wellness services, including cultural and spiritual supports for First Nations, Métis and Inuit people and their families who are in the [hospital](#)
- Services include; ceremonies, traditional practices, smudging, healing circles and Elder services

## **Transitions to Independence Program (TIP), McMan Youth, Family and Community Services Association**

435 5 St S  
403-328-2488

[https://www.mcmansouth.ca/sw\\_tip.html](https://www.mcmansouth.ca/sw_tip.html)

- Program works with youth and their Children's Services Case Worker to provide assistance with transitions into adult services and/or to independence (for youth 16-22 years old)
- Youth are supported in transitions from residential care, foster care, a parental home, incarceration, hospitalization, or homelessness
- Provides support in obtaining semi-supported or independent housing, life skills trainings, meaningful daily activity, family and natural connections, in addition to many other opportunities and supports

## **Trans Lifeline**

877-330-6366

<https://translifeline.org/hotline/>

- Anonymous peer support phone service run by trans and non-binary individuals who can offer support and listen to individuals who are questioning or have concerns about their gender identity or sexuality

## **Trinity Learning Centre, Holy Spirit Catholic School Division**

415 18 St S, Catholic Central High School  
403-327-4596

[https://cch.holyspirit.ab.ca/academics/trinity\\_learning\\_centre\\_outreach\\_program](https://cch.holyspirit.ab.ca/academics/trinity_learning_centre_outreach_program)

- Offers an alternative and flexible learning environment for students who require a self-directed, outreach academic learning setting
- Supports are based on the needs of each individual student
- Supports for Grades 10-12

## **Wellness Together Canada**

Text: WELLNESS to 686868

<https://ca.portal.gs>

- Offers free mental health and substance use supports and resources, free text support and counselling to individuals who want to improve their mental wellness

## **Wood's Homes: The CORE**

312 3 St S

403-317-1777

<https://www.woodshomes.ca/programs/youth-connections-the-core/>

- Provides a short-term, safe place for youth to stay if they are not living at home for various reasons, or for youth who are struggling with family or placement conflict
- Provides crisis support and community referrals to youth, parents and/or guardians
- Offers counselling and family/natural supports programs that focus on preventing, reducing and ending homelessness

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# AGENCY LISTINGS

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## Wood's Homes Crisis Support

Phone: 1-800-563-6106

Text: 587-315-5000

<https://www.woodshomes.ca/contact-us/get-help-now/>

- Connect with a professional therapist via phone call or text, or access the online chat to receive support during any crisis

## Youth One

1303 13 St N

403-380-4426

<https://www.youthone.ca/programs>

- Youth Centre offers programs, events, and a variety of youth activity groups
- Offers an inclusive, accepting atmosphere for youth to build skills and friendships

## YWCA Lethbridge and District

604 8 St S

403-327-9112

<https://ywcalethbridge.com/>

- Offers a variety of leadership and empowerment programs and services to help youth make new friends, explore themselves, and learn about healthy relationships
- Offers community education, advocacy and awareness