

## HEALTH AND SAFETY SERVICES...

### EMERGENCY NUMBERS

Emergency (Police/Ambulance/Fire)	911
Victim Services	780.421.2217
Income Support Contact Centre (also AISH Emergency Benefits after hours)	780.644.5135

### HEALTH SERVICES

Alberta Health Link (24-hour)	780.408.5465
Alberta Poison Centre (24-hour)	1.800.332.1414
Medication/Herbal Advice (24-hour)	1.888.944.1012
Birth Control Centre 10030 107 Street	780.735.0010
Options Sexual Health Assoc. 50, 9912 106 Street	780.423.3737
Sexually Transmitted Disease Centre 11111 Jasper Avenue	780.413.5156

### ADDICTION SUPPORT SERVICES

Alberta Health Services Addictions Counselling	780.427.2736
Streetworks Needle Exchange Sites	Call 211

FOR ADDITIONAL RESOURCES, PLEASE CALL 211

## CALL 211

This Pocket Guide serves as a sample of the helpful programs and services available to Edmontonians in need of support. If none of the programs or services listed on this card match your specific needs or if you are in need of additional programs or services, please call 211.

### Help is just a phone call away...

#### A personal touch.

Real people answer 211 calls. Callers can explain their situation in their own words and get the help they need on their own terms.

#### Around the clock access.

211 is available 24 hours a day, seven days a week.

#### Confidential.

211 staff are completely non-judgemental and provide confidential access to community program and service information.

#### Free.

211 is accessible at no cost to callers.

DIAL 780-482-INFO IF 211 IS NOT AVAILABLE IN YOUR AREA



Pocket Guide



One simple call could change your life.

## SOMETHING TO EAT...

### HOURS VARY - CALL 211 FOR MORE INFORMATION

Bissell Centre - daily sandwiches	780.423.2285
10527 96 Street	
Edmonton's Food Bank - food hampers (Must Call)	780.425.4190
Herb Jamieson Centre (men)	780.429.3470
10014 105A Avenue	
House of Refuge - evening meal	780.983.4123
10339A 95 Street	
Marian Centre - daily lunch	780.424.3544
10528 98 Street	
Mustard Seed - meals/food hampers	780.426.5600
10635 96 Street	
Operation Friendship (seniors)	780.408.2970
9526 106 Avenue	
Salvation Army - food hampers	780.424.9222

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## SOMEWHERE TO SLEEP...

### FOR WOMEN

Women's Emergency Accommodation 780.423.5302  
9611 101A Avenue

### FOR MEN

Herb Jamieson Centre 780.429.3470  
10014 105A Avenue

Salvation Army Short-Term Residence 780.429.4274  
9611 102 Avenue

### FOR WOMEN & MEN

Hope Mission 780.422.2018  
9908 106 Avenue

George Spady Centre (intoxicated) 780.424.8335  
10015 105A Avenue

YMCA (small fee) 780.421.9622  
10030 102A Avenue

### FOR YOUTH

Hope Mission Youth Shelter 780.717.7649  
9908 106 Avenue

Youth Emergency Shelter Society 780.468.7186  
9310 82 Avenue ext.245

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## SOMEONE TO TALK TO...

### 24-HOUR CRISIS LINES

Child Abuse Hotline 1.800.387.5437

Kids Help Phone 1.800.668.6868

Seniors' Abuse Helpline 780.454.8888

Sexual Assault Centre 780.423.4121

The Support Network Distress Line 780.482.4357

### IMMIGRATION SERVICES

Catholic Social Services 780.424.3545  
10709 105 Street

Changing Together 780.421.0175  
- a Centre for Immigrant Women  
3rd Floor, 10010 105 Street

Mennonite Centre for Newcomers 780.424.7709  
11713 82 Street

### COUNSELLING SERVICES (NO-FEE)

City of Edmonton 780.496.4777  
Assessment and Short-term Counselling

The Support Network 780.482.0198  
Free Walk-in Counselling

Urban Counselling Network 780.424.4106  
ext. 272

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