

Mental Wellness

- **National Suicide Crisis Line** – 1-833-456-4566 or Text 45645
- **Help Line** – 1-877-303-2642
- **Distress Line** – 1-877-321-2747
- **Health Link** – 811
- **Kid's Help Phone** – 1-800-668-6868 or Text 686868
- **24-hour Child Abuse Hotline** – 1-800-387-5437 (KIDS)
- **Hope for Wellness Helpline 24/7** – 1-855-242-3310
- **Alberta Health Services, Addictions and Mental Health** – 780-849-7127
- **Slave Lake and Area Mental Health Network** - 780-849-4380

Physical Wellness

- **Emergencies** – 911
- **Health Link** – 811
- **Slave Lake Health Care Centre (Hospital)** – 780-849-3500
- **Slave Lake Family Care Clinic** – 780-849-4155
- **Environmental Public Health Program** – 780-846-5101
- **Home Care – In-home care** – 780-849-3947
- **Indigenous Health Program** – 780-805-3550
- **Persons with Developmental Disabilities (PDD)** – funding for the disabled
– 780-849-7354
- **Alberta Healthy Living Exercise Program** – healthylivingprogram.ca
– 1-877-349-5711

Community Connection

- **211 Alberta** – Call or text 211
- **Town of Slave Lake FCSS** – 780-849-8003
- **Slave Lake Native Friendship Centre** – 780-849-3039
- **Alberta Health Services Health Promotion** – Injury Prevention, Healthy Living – 780-849-3510

For More Information or to Suggest Edits, call or visit
Town of Slave Lake FCSS
Ph: 780-849-8003
10 Main Street SW
Slave Lake, AB

Addictions Supports

- **Addictions and Mental Health Help Line** – 1-866-332-2322
- **Alberta Health Services, Addictions and Mental Health** – Drop-in, appointments and referrals to addiction services– 780-849-7127
- **Alcoholics Anonymous** – 780-849-3989
- **AL-ANON** – Help for Family and Friends of persons with a Drinking Problem – 780-849-4794
- **Narcotics Anonymous (NA)** – 1-855-421-4429

Relationship Supports

- **Alberta ONE LINE for Sexual Violence** – Call/Text 1-866-403-8000
- **Family Violence Information Line (AB Only)** – 310-1818
- **24-Hour Child Abuse Hotline** – 1-800-387-5437 (KIDS)
- **Anger Ed Program** – Healthy Relationships, Men's and Women's Groups, Court Supported classes – 780-849-8003
- **Northern Haven Support Society** – A safe place to stay for women with our without children, fleeing abuse or homelessness, outreach supports – 780-849-4418
- **Alberta Health Services** – Mental Health and Addictions – 780-849-7127
- **Dragonfly Counselling & Support Centre** – Sexual Assault Services – 1-866-300-4325

Crime & Safety

- **Emergencies** – 9-1-1
- **Slave Lake RCMP** – 780-849-3999
- **Slave Lake Enforcement Services** – 780-849-8014
- **Crime Stoppers** – 1-800-222-8477
- **Report A Poacher** – 1-800-642-3800
- **Slave Lake Victim Services Society** – Victim's of domestic/dating violence, trauma, protection orders, stalking, harassment, court support – 780-849-6884
- **Women's Shelter** (See Relationship Supports)
- **Legal Aid** – 1-866-845-3425
- **Dial a Law** – 1-800-332-1091
- **Slave Lake Youth Justice/Restorative Justice – Native Counselling Services** – 780-849-4914

Everyone Needs Help Sometimes....

Please Reach Out



Senior Supports

- **Town of Slave Lake FCSS** – Home Support, Income Tax, Seniors Snow Removal, Senior’s Lawn Care, Seniors Walking Program – 780-849-8031
- **Alberta Health Services** – Senior’s Health Services, Home Care – 780-849-3947
- **Pioneer’s Drop In Centre** – 780-849-5117
- **Caregiver Supports** – Support for those who provide care for others – 1-877-453-5088
- **Service Canada** – OAS, CPP – 1-800-622-6232

Youth Supports

- **Kids Help Phone** – 1-800-668-6868 or text 686868
- **Children’s Services** – 780-849-7220
- **Slave Lake Community Helper’s Program** – 780-849-3039
- **Native Youth Crisis Line** – 1-877-209-1266

Parenting Supports

- **Well Child Clinics** – Baby nutrition, immunizations, support – 780-849-3947
- **Alberta Health Services Public Health** – 780-849-3947
- **High Prairie and District Children’s Resource Council** – Brighter futures, Healthy Choices, Stronger together parenting programs, Early Childhood Supports – 780-523-2715 OR 587-516-6675, 780-516-9847
- **Family Supports for Children with Disabilities (FSCD)** – 780-849-7354
- **WJS** – support for families facing difficulties served by Child and Family Services, FASD supports, supports for persons with developmental disabilities – 780-849-5111
- **Early Childhood Intervention Program** – Advice and support for Child Development and Milestones – 780-849-5101 ext 526

Money

- **Credit Help** – 1-888-294-0076
- **Debt Crisis Line** – 1-855-827-1847
- **Credit Counselling Society** – 1-888-527-8999
- **Alberta Supports** – 780-849-7290
- **FREE Income Tax filing – Seniors/Low Income - TOSL FCSS** – 780-849-8003
- **Assured Income for the Severely Handicapped (AISH)** – 780-849-7290
- **Emergency food, medications, dental, shelter, transportation assistance** (do not need to qualify for AISH) – 1-866-644-5135
- **Scholarships – Rupertsland Institute** – 1-888-48-METIS
- **Service Canada** – Employment Insurance, Parental Leave, Social Insurance Number (SIN), Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS) benefits - 1-800-622-6232 TTY: 1-800-926-9105

Food Programs

- **Slave Lake Native Friendship Centre** – Food Bank, Christmas Hampers, Soup and Bannock – 780-849-3039
- **Slave Lake FCSS Senior’s Supports**, Senior’s living independently – 780-849-8031

Affordable Housing

- **Slave Lake Housing Authority** – 780-849-4505
- **Slave Lake Homeless Coalition (MAT Program)** – 780-805-1709
- **Metis Urban Housing Corp** – rentals for Metis/Indigenous persons – 1-877-458-8684

Employment/Job

- **Alberta Works** – 780-849-7290
- **Rupertsland Institute** – 1-888-48-METIS
- **Region V Metis Office** – 780-849-4654
- **Service Canada** – 1-800-622-6232

ID & Legal Documents

- **Alberta ID Card** – photo ID for those that do not have a driver’s license – Dial 310-0000 then 780-427-7013
- **Service Canada** – birth and adoption, passports, death, social insurance number, ordering and updating documents – 1-800-622-6232 TTY: 1-800-926-9105
- **Slave Lake Registries** – driver’s license, marriage license, birth certificates, ordering and updating documents – 780-849-3939
- **Assured Income for the Severely Handicapped (AISH)** – 780-849-7290

Newcomer Supports

- **Temporary Foreign Worker Hotline** - 1-877-944-9955
- **Immigrate to Alberta Information Service** - 1-877-427-6219 (within Alberta)
- **Alberta Supports** – 780-849-7290
- **Town of Slave Lake** – 780-849-8000

Indigenous Supports

- **National Indian Residential School Crisis Line** – 1-866-925-4419
- **First Nations & Inuit Hope for Wellness** – 1-855-242-3310
- **Native Youth Crisis Line** – 1-877-209-1266
- **Slave Lake Native Friendship Centre** – 780-849-3039
- **Rupertsland Institute** – 1-888-48-METIS
- **Region V Metis Office** – 780-849-4654
- **Native Counselling Services of AB** – culturally appropriate court supports – 780-849-4914
- **Indigenous Health Program** – Slave Lake Health Care Centre – 780-805-3550
- **Sawridge First Nation** - 780-849-4331

LGBTQ2+ Supports

- **Support Line** – 1-800-688-4765
- **Parents, Friends of Lesbians and Gays (PFLAG)** - 1-888-530-6777
- **Sexuality and Gender Alliance (SAGA)** – Roland Michener School (RMSS) – 780-849-3064

Childcare & Subsidies

- **Slave Lake Childcare Society** – Legacy Daycare – 780-849-2365
- **Childcare Playschool Subsidy Information** – 1-877-644-9992
- **Lakeside Nursery School** – 780-849-5411
- **Discovery Kids Preschool** – 1-877-553-0864
- **St Mary of the Lake School JR Kindergarten** – 780-849-5422
- **Southshore Playschool** – 780-369-3030
- **Town of Slave Lake Summer Splash Program (June & July Only)** – 780-849-8028

Adult Learning & Literacy

- **Northern Lakes College** – 780-849-8600
- **Slave Lake Adult Education** – Training Courses, English as a second language courses – 780-849-8625
- **Lakeside Outreach School** – Finishing High School or upgrading – 780-849-2992
- **Rotary Club of Slave Lake Public Library** – Free computer access, information, books, audio books, free events – 780-849-5250