

pepsociety.ca

780-293-0737

· addiction recovery

### U-Turn for Youth

saffroncentre.com

780-449-0900

· trauma, abuse related to sexual violence help

### SAFFRON CENTRE LTD.

strathcona.ca/rcmp

Administration: 780-467-7749

General Line: 780-467-7741

### RCMP non-emergency

legalaid.ab.ca

1-866-845-3425

### Legal Aid Alberta

strathcona.ca/navigation

· one-on-one information on programs and services available

Navigation

strathcona.ca/counselling

· free, no appointment, counselling services

### Counselling Services

780-464-4044

### Strathcona County Family & Community Services

www.alberta.ca/ministry-childrens-services.aspx

780-467-5195

· safe at home/family support

· child protection/can't be or don't feel

### Edmonton Region

### Children's Services

albertahealthservices.ca

Mental Health Helpline: 1-877-303-2642 (24/7)

Addictions Helpline: 1-866-332-2322 (24/7)

Health Link: 811 (24hrs/7days a week)

· addictions, mental health information

### Alberta Health Services

## WHERE CAN I GET HELP?

# YOUTH HELP CARD

## STRATHCONA COUNTY

18 AND UNDER

# QUESTIONS?

## Family and Community Services

780-464-4044

strathcona.ca/youth

familyandcommunity@strathcona.ca

## HOW CAN I GET HELP WITH SCHOOL?

### Alberta Education

· completing high school

780-427-0020

education.alberta.ca

### BGS (Edmonton)

· job help, school upgrading

780-425-6655

bgsenterprises.com

### Strathcona County Family and Community Services

· connect to resources and information

780-464-4044

strathcona.ca/navigation

### Elk Island Public Schools

· school supplies, information on tutoring

780-464-3477

eips.ca

### Elk Island Catholic Schools

· school supplies, information on tutoring

780-467-8896

eics.ab.ca

## WHERE CAN I GET FOOD?

### Strathcona Food Bank

· food and personal care items

780-449-6413

strathconafoodbank.ca

## WHERE CAN I STAY IF I CAN'T GO HOME?

### Youth Housing Program

780-479-7075

icyhp.ca

### Hope Mission Youth Shelter

780-422-2018

hopemission.com

### Youth Empowerment & Support Services

780-468-7070

yess.org



**Fire, Police, Ambulance**

911

**Addiction Helpline**

1-866-332-2322  
[albertahealthservices.ca](http://albertahealthservices.ca)

**A Safe Place**

· family violence help  
 780-464-7233  
[asafeplace.ca](http://asafeplace.ca)

**Bullying Helpline**

1-888-456-2323  
[bullyfreealberta.ca](http://bullyfreealberta.ca)

**Children's Mental Health Crisis Line**

780-427-4491  
[albertahealthservice.ca](http://albertahealthservice.ca)

**Child Abuse Hotline**

1-800-387-5437

**The Distress Line**

· suicide, support  
 780-482-4357  
[crisisupportcentre.com](http://crisisupportcentre.com)

**Health Link**

· health advice  
 811  
[myhealth.alberta.ca](http://myhealth.alberta.ca)

**Northern Alberta Child Intervention Services**

· child protection  
 780-427-3390

**PADIS: Poison and Drug Information Service**

· alcohol and drugs  
 1-800-332-1414  
[albertahealthservice.ca](http://albertahealthservice.ca)

**Safe Support and Information Line**

780-423-4121  
[sace.ab.ca](http://sace.ab.ca)

**The Support Network**

· community resource info  
 211  
[ab.211.ca](http://ab.211.ca)

**TransLife Line**

· 18 hr support line for transgender youth  
 877-330-6366  
 Mon to Sun: 9 a.m. – 3 a.m.  
[translifeline.org](http://translifeline.org)

**Victim Services**

· support for crime victims  
 780-449-0153  
[strathcona.ca/rcmp](http://strathcona.ca/rcmp)

**Kids Help Phone**

· advice and support line, free to download *Always There App*

1-800-668-6868  
 4 a.m. – midnight  
[kidshelpphone.ca](http://kidshelpphone.ca)

**Calgary Connect Teen**

· open to all teens, advice and information  
 Text: 587-333-2724

Mon to Fri: 3 a.m. – 10 p.m.

Sat & Sun: 12 a.m. – 10 p.m.

Online chat: [calgaryconnectteen.com](http://calgaryconnectteen.com)  
 Mon to Fri: 3 a.m. – 10 p.m.  
 Sat & Sun: 12 a.m. – 10 p.m.

Email: [connectteen@distresscentre.ca](mailto:connectteen@distresscentre.ca)

**YouthSpace**

· advice, emotional support, crisis response, and ASIST Suicide First Aid

Text: 780-783-0177

7 p.m. – 1 a.m. (MST)

Online chat: [youthspace.ca](http://youthspace.ca)

For more information regarding youth programs or to download the digital version of the Youth Help Card go to:

[strathcona.ca/youth](http://strathcona.ca/youth)

**HOW CAN I CARE FOR MY HEALTH?****Alberta Child Health Benefit**

· free health services for low-income families  
 780-427-6848  
[alberta.ca/alberta-child-health-benefit](http://alberta.ca/alberta-child-health-benefit)

**Birth Control Centre**

· counselling, contraceptives, sexual health related testing  
 780-735-0010  
[albertahealthservices.ca](http://albertahealthservices.ca)

**Health For Two**

Strathcona County Health Centre  
 · information, milk coupons, vitamins  
 780-735-3008  
[albertahealthservices.ca](http://albertahealthservices.ca)

**NAIT Dental Clinic**

· provides low cost dental services for ages 7 to 17 year old  
 780-471-7786  
[nait.ca/66693.htm](http://nait.ca/66693.htm)

**Gianna Centre**

· free pregnancy options counselling  
 780-482-5111  
[cssalberta.ca/gianna-centre](http://cssalberta.ca/gianna-centre)

**Sexually Transmitted Infections Clinic (East Edmonton)**

· free, confidential testing, referrals  
 · four locations  
 780-342-4799  
[albertahealthservices.ca](http://albertahealthservices.ca)

**University of Alberta Dentistry Clinic**

· discounted fees  
 780-407-5550  
[dent.ualberta.ca](http://dent.ualberta.ca)

**HOW CAN I STAY CONNECTED?****Boys and Girls Club of Strathcona County**

· low-cost/free activities  
 780-416-1500  
[scbgc.com](http://scbgc.com)

**Transit Link**

780-464-7433  
[strathcona.ca/transit](http://strathcona.ca/transit)

**Strathcona County Family and Community Services**

· recreation and transit subsidies available to eligible applicants, may require permission  
 780-464-4044  
[strathcona.ca/fcs](http://strathcona.ca/fcs)

**Strathcona County Information and Volunteer Centre**

780-464-4242  
[ivcstrathcona.org](http://ivcstrathcona.org)

**Strathcona County Library**

· free internet and computer access  
 780-410-8600  
[sclibrary.ab.ca](http://sclibrary.ab.ca)

**Strathcona County Youth Council**

· be a voice for youth in Strathcona County, volunteer at events  
 780-464-4044  
[strathcona.ca/youthcouncil](http://strathcona.ca/youthcouncil)

**The altView Foundation**

· gender variant and sexual minorities  
 780-666-5428  
[altview.ca](http://altview.ca)