

Everyone Needs Help Sometimes.....



Please Reach Out!



Money	Mental Wellness	Physical Wellness	Parenting Supports	Indigenous Supports	Relationship Supports
<p>Money</p> <ul style="list-style-type: none"> - 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 	<p>Mental Wellness</p> <ul style="list-style-type: none"> - 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 - Slave Lake Community Helper's Program – 780-849-3039 	<p>Physical Wellness</p> <ul style="list-style-type: none"> - Emergencies – 911 - Health Link – 811 - Slave Lake Health Care Centre (Hospital) – 780-805-3500 - 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 	<p>Parenting Supports</p> <ul style="list-style-type: none"> - 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 - Family Supports for Children with Disabilities (FSCD) – 780-849-7354 - WIS – 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 	<p>Indigenous Supports</p> <ul style="list-style-type: none"> - 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 	<p>Relationship Supports</p> <ul style="list-style-type: none"> - 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 or 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
<p>Community Connection </p> <ul style="list-style-type: none"> - 211 Alberta – Call or text 211 - Town of Slave Lake FCSS – Home Support, Income Tax, Seniors Snow Removal, Senior's Lawn Care, Seniors Walking Program – 780-849-8031 - Slave Lake Native Friendship Centre – 780-849-3039 - Alberta Health Services Health Promotion – Injury Prevention, Healthy Living – 780-849-3510 	<p>Senior Supports </p> <ul style="list-style-type: none"> - 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 - SLNFC Senior's Outreach Program – 780-849-3039 	<p>Youth Supports </p> <ul style="list-style-type: none"> - 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 - Ni_Wi_Ci_Wakan Youth Centre – 780-849-3039 	<p>Childcare & Subsidies </p> <ul style="list-style-type: none"> - 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 	<p>Employment/Job </p> <ul style="list-style-type: none"> - Alberta Works – 780-849-7290 - Rupertsland Institute – 1-888-48-METIS - Region V Metis Office – 780-849-4654 - Service Canada – 1-800-622-6232 	<p>Addictions Supports</p> <ul style="list-style-type: none"> - 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 (SLNFC) – 780-849-3989 - AL-ANON – Help for Family and Friends of persons with a Drinking Problem – 780-843-5300 - Narcotics Anonymous (NA) – 1-855-421-4429
<p>Food Programs </p> <ul style="list-style-type: none"> - 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 	<p>Affordable Housing </p> <ul style="list-style-type: none"> - 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 	<p>LGBTQ2+ Supports </p> <ul style="list-style-type: none"> - 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 	<p>Newcomer Supports</p> <ul style="list-style-type: none"> - 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 	<p>Adult Learning & Literacy</p> <ul style="list-style-type: none"> - 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 <p>Crime & Safety</p> <ul style="list-style-type: none"> - 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 780-805-5300 - Native Counselling Services – 780-849-4914 	