















# Everyone Needs Help Sometimes.....



# Please Reach Out!



 <h2>Money</h2> <ul style="list-style-type: none"> <li>- Credit Help – 1-888-294-0076</li> <li>- Debt Crisis Line – 1-855-827-1847</li> <li>- Credit Counselling Society – 1-888-527-8999</li> <li>- Alberta Supports – 780-849-7290</li> <li>- FREE Income Tax filing – Seniors/Low Income – TOSL FCSS – 780-849-8003</li> <li>- Assured Income for the Severely Handicapped (AISH) – 780-849-7290</li> <li>- Emergency food, medications, dental, shelter, transportation assistance (do not need to qualify for AISH) – 1-866-644-5135</li> <li>- Scholarships – Rupertsland Institute – 1-888-48-METIS</li> <li>- 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</li> </ul>	 <h2>Mental Wellness</h2> <ul style="list-style-type: none"> <li>- National Suicide Crisis Line – 1-833-456-4566 or Text 45645</li> <li>- Help Line – 1-877-303-2642</li> <li>- Distress Line – 1-877-321-2747</li> <li>- Health Link – 811</li> <li>- Kid's Help Phone – 1-800-668-6868 or Text 686868</li> <li>- 24-hour Child Abuse Hotline – 1-800-387-5437 (KIDS)</li> <li>- Hope for Wellness Helpline 24/7 – 1-855-242-3310</li> <li>- Alberta Health Services, Addictions and Mental Health – 780-849-7127</li> <li>- Slave Lake and Area Mental Health Network – 780-849-4380</li> <li>- Slave Lake Community Helper's Program – 780-849-3039</li> </ul>	 <h2>Physical Wellness</h2> <ul style="list-style-type: none"> <li>- Emergencies – 911</li> <li>- Health Link – 811</li> <li>- Slave Lake Health Care Centre (Hospital) – 780-805-3500</li> <li>- Slave Lake Family Care Clinic – 780-849-4155</li> <li>- Environmental Public Health Program – 780-846-5101</li> <li>- Home Care – In-home care – 780-849-3947</li> <li>- Indigenous Health Program – 780-805-3550</li> <li>- Persons with Developmental Disabilities (PDD) – funding for the disabled – 780-849-7354</li> <li>- Alberta Healthy Living Exercise Program – healthylivingprogram.ca, 1-877-349-5711</li> </ul>	 <h2>Parenting Supports</h2> <ul style="list-style-type: none"> <li>- Well Child Clinics – Baby nutrition, immunizations, support – 780-849-3947</li> <li>- Alberta Health Services Public Health – 780-849-3947</li> <li>- High Prairie and District Children's Resource Council – Brighter futures, Healthy Choices, Stronger together parenting programs, Early Childhood Supports – 780-523-2715</li> <li>- Family Supports for Children with Disabilities (FSCD) – 780-849-7354</li> <li>- WJS – support for families facing difficulties served by Child and Family Services, FASD supports, supports for persons with developmental disabilities – 780-849-5111</li> <li>- Early Childhood Intervention Program – Advice and support for Child Development and Milestones – 780-849-5101 ext 526</li> </ul>	 <h2>Indigenous Supports</h2> <ul style="list-style-type: none"> <li>- National Indian Residential School Crisis Line – 1-866-925-4419</li> <li>- First Nations &amp; Inuit Hope for Wellness – 1-855-242-3310</li> <li>- Native Youth Crisis Line – 1-877-209-1266</li> <li>- Slave Lake Native Friendship Centre – 780-849-3039</li> <li>- Rupertsland Institute – 1-888-48-METIS</li> <li>- Region V Metis Office – 780-849-4654</li> <li>- Native Counselling Services of AB – culturally appropriate court supports – 780-849-4914</li> <li>- Indigenous Health Program – Slave Lake Health Care Centre – 780-805-3550</li> <li>- Sawridge First Nation – 780-849-4331</li> </ul>	 <h2>Relationship Supports</h2> <ul style="list-style-type: none"> <li>- Alberta ONE LINE for Sexual Violence – Call/Text 1-866-403-8000</li> <li>- Family Violence Information Line (AB Only) – 310-1818</li> <li>- 24-Hour Child Abuse Hotline – 1-800-387-5437 (KIDS)</li> <li>- Anger Ed Program – Healthy Relationships, Men's and Women's Groups, Court Supported classes – 780-849-8003</li> <li>- Northern Haven Support Society – A safe place to stay for women with our without children, fleeing abuse or homelessness, outreach supports – 780-849-4418</li> <li>- Alberta Health Services – Mental Health and Addictions – 780-849-7127</li> <li>- Dragonfly Counselling &amp; Support Centre – Sexual Assault Services – 1-866-300-4325</li> </ul>
 <h2>Community Connection</h2> <ul style="list-style-type: none"> <li>- 211 Alberta – Call or text 211</li> <li>- Town of Slave Lake FCSS – 780-849-8003</li> <li>- Slave Lake Native Friendship Centre – 780-849-3039</li> <li>- Alberta Health Services Health Promotion – Injury Prevention, Healthy Living – 780-849-3510</li> </ul>  <h2>Food Programs</h2> <ul style="list-style-type: none"> <li>- Slave Lake Native Friendship Centre – Food Bank, Christmas Hampers, Soup and Bannock – 780-849-3039</li> <li>- Slave Lake FCSS Senior's Supports, Senior's living independently – 780-849-8031</li> </ul>	 <h2>Senior Supports</h2> <ul style="list-style-type: none"> <li>- Town of Slave Lake FCSS – Home Support, Income Tax, Seniors Snow Removal, Senior's Lawn Care, Seniors Walking Program – 780-849-8031</li> <li>- Alberta Health Services – Senior's Health Services, Home Care – 780-849-3947</li> <li>- Pioneer's Drop In Centre – 780-849-5117</li> <li>- Caregiver Supports – Support for those who provide care for others – 1-877-453-5088</li> <li>- Service Canada – OAS, CPP – 1-800-622-6232</li> <li>- SLNFC Senior's Outreach Program – 780-849-3039</li> </ul>  <h2>Affordable Housing</h2> <ul style="list-style-type: none"> <li>- Slave Lake Housing Authority – 780-849-4505</li> <li>- Slave Lake Homeless Coalition (MAT Program) – 780-805-1709</li> <li>- Metis Urban Housing Corp – rentals for Metis/Indigenous persons – 1-877-458-8684</li> </ul>	 <h2>Youth Supports</h2> <ul style="list-style-type: none"> <li>- Kids Help Phone – 1-800-668-6868 or text 686868</li> <li>- Children's Services – 780-849-7220</li> <li>- Slave Lake Community Helper's Program – 780-849-3039</li> <li>- Native Youth Crisis Line – 1-877-209-1266</li> <li>- Ni_Wi_Ci_Wakan Youth Centre – 780-849-3039</li> </ul>  <h2>LGBTQ2+ Supports</h2> <ul style="list-style-type: none"> <li>- Support Line – 1-800-688-4765</li> <li>- Parents, Friends of Lesbians and Gays (PFLAG) - 1-888-530-6777</li> <li>- Sexuality and Gender Alliance (SAGA) – Roland Michener School (RMSS) – 780-849-3064</li> </ul>	 <h2>Childcare &amp; Subsidies</h2> <ul style="list-style-type: none"> <li>- Slave Lake Childcare Society – Legacy Daycare – 780-849-2365</li> <li>- Childcare Playschool Subsidy Information – 1-877-644-9992</li> <li>- Lakeside Nursery School – 780-849-5411</li> <li>- Discovery Kids Preschool – 1-877-553-0864</li> <li>- St Mary of the Lake School JR Kindergarten – 780-849-5422</li> <li>- Southshore Playschool – 780-369-3030</li> <li>- Town of Slave Lake Summer Splash Program (June &amp; July Only) – 780-849-8028</li> </ul> <h2>Newcomer Supports</h2> <ul style="list-style-type: none"> <li>- Temporary Foreign Worker Hotline - 1-877-944-9955</li> <li>- Immigrate to Alberta Information Service - 1-877-427-6219 (within Alberta)</li> <li>- Alberta Supports – 780-849-7290</li> <li>- Town of Slave Lake – 780-849-8000</li> </ul>	 <h2>Employment/Job</h2> <ul style="list-style-type: none"> <li>- Alberta Works – 780-849-7290</li> <li>- Rupertsland Institute – 1-888-48-METIS</li> <li>- Region V Metis Office – 780-849-4654</li> <li>- Service Canada – 1-800-622-6232</li> </ul> <h2>Adult Learning &amp; Literacy</h2> <ul style="list-style-type: none"> <li>- Northern Lakes College – 780-849-8600</li> <li>- Slave Lake Adult Education – Training Courses, English as a second language courses – 780-849-8625</li> <li>- Lakeside Outreach School – Finishing High School or upgrading – 780-849-2992</li> <li>- Rotary Club of Slave Lake Public Library – Free computer access, information, books, audio books, free events – 780-849-5250</li> </ul> <h2>ID &amp; Legal Documents</h2> <ul style="list-style-type: none"> <li>- Alberta ID Card – photo ID for those that do not have a driver's license – Dial 310-0000 then 780-427-7013</li> <li>- Service Canada – birth and adoption, passports, death, social insurance number, ordering and updating documents – 1-800-622-6232 TTY: 1-800-926-9105</li> <li>- Slave Lake Registries – driver's license, marriage license, birth certificates, ordering and updating documents – 780-849-3939</li> <li>- Assured Income for the Severely Handicapped (AISH) – 780-849-7290</li> </ul>	<h2>Addictions Supports</h2> <ul style="list-style-type: none"> <li>- Addictions and Mental Health Help Line – 1-866-332-2322</li> <li>- Alberta Health Services, Addictions and Mental Health – Drop-in, appointments and referrals to addiction services – 780-849-7127</li> <li>- Alcoholics Anonymous (SLNFC) – 780-849-3989</li> <li>- AL-ANON – Help for Family and Friends of persons with a Drinking Problem – 780-843-5300</li> <li>- Narcotics Anonymous (NA) – 1-855-421-4429</li> </ul> <h2>Crime &amp; Safety</h2> <ul style="list-style-type: none"> <li>- Emergencies – 9-1-1</li> <li>- Slave Lake RCMP – 780-849-3999</li> <li>- Slave Lake Enforcement Services – 780-849-8014</li> <li>- Crime Stoppers – 1-800-222-8477</li> <li>- Report A Poacher – 1-800-642-3800</li> <li>- Slave Lake Victim Services Society – Victim's of domestic/dating violence, trauma, protection orders, stalking, harassment, court support – 780-849-6884</li> <li>- Women's Shelter (See Relationship Supports)</li> <li>- Legal Aid – 1-866-845-3425</li> <li>- Dial a Law – 1-800-332-1091</li> <li>- Slave Lake Youth Justice/Restorative Justice 780-805-5300</li> <li>- Native Counselling Services – 780-849-4914</li> </ul>