



Wellness Resource List

Crisis Support:

24-hour call and text lines for emotional support - call 911 if you are in an emergency situation

Distress Centre - 403-266-HELP (4357) or 1-800-784-2433

Alberta Mental Health Helpline - 1-877-303-2642

Kids Help Phone - Dial 1-800-668-6868

Kids Help Text Line - Text CONNECT to 686868

ConnecTEEN - 403-246-8336

Crisis Text Line for Adults - Text CONNECT to 741741

Frontline Worker Text Line - Text FRONTLINE to 741741

Information:

Be informed about available options and suggestions for physical, mental and financial supports

Southern Alberta Resources and Referrals - Call or Text 211

Health Link - Dial 811

Alberta Works Emergency Income Support - 1-866-644-5135

Community:

Agencies in our community to help meet basic needs such as food, water, warmth, security and safety

The Salvation Army - 403-526-9699

Medicine Hat Women's Shelter - 403-529-1091 / 1-800-661-7949

The Mustard Seed - 403-504-0342

The Medicine Hat & District Food Bank - 403-528-4313

Addictions and Mental Health - 403-529-3500

McMann Youth Hub Outreach - 403- 527-1588

Community Workers:

Community Resource Workers help to navigate supports for food, finances, health benefits, mental health, housing options, disability and senior services and more!

Anabell Marroquin - 403-502-1941

Ashley Howes - 403-502-6956