



Crisis Resources

Alberta-Wide
and Regional Support

 **911** for emergency


















 **211** for community support

 **1-866-331-3933** for shelter

 [ACWS Member Shelters](#)

 [Alberta Helpline](#)

Alberta-Wide Support

Support services for sexual assault survivors	 1-866-403-8000 (toll-free)  Association of Alberta Sexual Assault Services
Clinical services	 811 (24-hour, toll-free)  Alberta Health Link
Crisis response line	 1-833-456-4566, text 45645 (24-hour, toll-free)  Canada Suicide Prevention Service
Mental health support	 1-877-303-2642 (24-hour, toll-free)  Alberta Mental Health Helpline
Indigenous wellness & legal support	 780-451-4002  Native Counseling Services of Alberta
Indigenous youth crisis support	 1-877-209-1266 (24-hour, toll-free)
Trans and gender-diverse-focused support	 587-333-4342  Skipping Stone
Trans-led support for trans-questioning people	 1-877-330-3633  Trans Lifeline
Kids mental health support	 1-800-668-6868 (24-hour, many languages)  Kids Help Phone

Regional Support

Calgary and Southern Alberta

Support services for abuse survivors

☎ 1-866-606-7233 (toll-free)

🌐 [Connect: Family & Sexual Abuse Network](#)

Sexual assault support and response

☎ 1-877-237-5888 (toll-free)

🌐 [Calgary Communities Against Sexual Abuse](#)

Sexual assault response

☎ 403-237-5888 (24-hour)

🌐 [Calgary Sexual Abuse Response Team](#)

Crisis and distress support

☎ 403-266-4357 (24-hour)

🌐 [Calgary Distress Centre](#)

Immediate mental health crisis support to your home

☎ 403-266-4357

🌐 [Distress Centre: AHS Mobile Response Team](#)

Rapid access counselling, for anyone (low-cost)

☎ 403-233-2360; Toll-free: 1-877-244-2360

🌐 [Catholic Family Services](#)

Edmonton and Northern Alberta

Immediate crisis support

☎ 780-482-HELP (4357) (24-hour)

🌐 [Edmonton Distress Line](#)

Immediate sexual assault crisis support

☎ 780-423-4121 (24-hour)

🌐 [Sexual Assault Centre of Edmonton \(SACE\)](#)

Support in search for community services

☎ 780-342-7777

🌐 [The Wellness Network](#)

2SLGBTQIA+ crisis support

☎ 1-844-702-7483 (24-hour)

🌐 [Brite Line](#)

Red Deer and Central Alberta

Safety and health support (housing, domestic violence, etc)

☎ 1-866-347-2480

🌐 [Red Deer Outreach Centre](#)

Crisis response for people affected by sexual violence

☎ 1-866-956-1099 (24 hour, toll-free)

🌐 [Central Alberta Sexual Assault Centre](#)

A list of other supports serving Red Deer

🌐 [Red Deer & Area Mental Health Supports](#)