

HEALTH AND SAFETY SERVICES...

EMERGENCY NUMBERS

Emergency (Police/Ambulance/Fire)	9-1-1
Victim Services	780-421-2217
Income Support Contact Centre (also AISH Emergency Benefits after hours)	780-644-5135

HEALTH SERVICES

Alberta Poison Centre(24-hour)	1-800-332-1414
Albera Health Services Birth Control Centre 405, 10030 107 Street	780-732-0010
Health Link Alberta (24-hour)	780-408-5465
Medication/Herbal Advice (24-hour)	1-888-944-1012
Options Sexual Health Association 50, 9912 106 Street	780-423-3737
Sexually Transmitted Infection Clinic 11111 Jasper Avenue	780-342-2300

ADDICTION SUPPORT SERVICES

Alberta Health Services Addiction Counselling	780-427-2736
Streetworks Needle Exchange Sites	Call 2-1-1

CALL 211

This Pocket Guide serves as a sample of the helpful programs and services available to Edmontonians in need of support. If none of the programs or services listed on this card match your specific needs or if you are in need of additional programs or services, please call 2-1-1.

Help is just a phone call away...

A personal touch

Real people answer 211 calls. Callers can explain their situation in their own words and get the help they need on their own terms.

Around the clock access

211 is available 24 hours a day, 7 days a week.

Confidential

211 staff are completely non-judgemental and provide confidential access to community program and service information.

Free

211 is accessible at no cost to callers.



Pocket Guide

Dec 2012



SOMETHING TO EAT...

HOURS VARY - CALL 211 FOR MORE INFORMATION

Bissell Centre - daily sandwiches 780-423-2285 ext.140
Robert Tegler Friendship Room
(adults only)
10527 96 Street

Boyle St. Community Services - daily lunch 780-424-4106
10116 105 Avenue

Edmonton's Food Bank - food hampers 780-425-4190
(must call)

Hope Mission 780-422-2018
9908 106 Avenue

Marian Centre - daily lunch 780-424-3544
10528 98 Street

McCauley Seniors Drop In (55+) 780-408-2970
9526 106 Avenue

Mustard Seed - evening meals 780-426-5600
10635 96 Street

Salvation Army - food hampers
9620 101A Avenue (drop in) 780-424-9222
1241 Hyndman Road (by appointment) 780-472-6743

SOMEWHERE TO SLEEP...

FOR WOMEN

Women's Emergency Accommodation 780-423-5302
9611 101A Avenue

FOR MEN

Herb Jamieson Centre 780-429-3470
10014 105A Avenue

Salvation Army Short-Term Residence 780-429-4274
9611 102 Avenue

FOR WOMEN & MEN

George Spady Centre (intoxicated) 780-424-8335
10015 105A Avenue

Hope Mission 780-422-2018
9908 106 Avenue

YMCA Downtown Housing (small fee) 780-421-9622
10030 102A Avenue

FOR YOUTH

Hope Mission Youth Shelter 780-422-2018
9908 106 Avenue

Youth Empowerment and
Support Services - Shelter 780-468-7070
9310 82 Avenue

SOMEONE TO TALK TO...

24-HOUR CRISIS LINES

Child Abuse Hotline 1-800-387-5437

Crisis Support Centre Distress Line 780-482-4357

Kids Help Phone 1-800-668-6868

Seniors' Abuse Helpline 780-454-8888

Sexual Assault Crisis Line 780-423-4121

IMMIGRATION SERVICES

Catholic Social Services 780-424-3545
10709 105 Street

Changing Together - 780-421-0175
A Centre for Immigrant Women
3rd Floor, 10010 105 Street

Edmonton Mennonite Centre 780-424-7709
for Newcomers
11713 82 Street

COUNSELLING SERVICES (NO-FEE/SLIDING SCALE)

City of Edmonton 780-496-4777

Assessment and Short-term Counselling

The Family Centre 780-424-5580

Urban Counselling Network 780-424-4106 ext.272