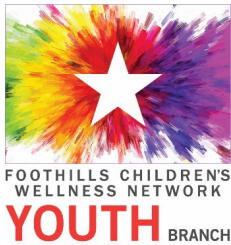


Something to consider

Health - Mental Health and Wellness

<p style="text-align: center;"><u>ACCESS MENTAL HEALTH</u></p> <p>Unsure of next step. Get information and support. Connect to local resources Call: 403-943-1500 (Voicemail after hours) Mon-Fri 8am-5pm</p>	<p style="text-align: center;"><u>ALBERTA HEALTH SERVICES</u></p> <p>Community Addiction and Mental Health Clinics:</p> <p>BLACK DIAMOND Addiction & Mental Health 403-943-1500 Oilfields General Hospital 403-933-2222 717 Government Road Black Diamond, AB (24-Hour Emergency Department).</p> <p>HIGH RIVER Addiction & Mental Health Clinic: 403-943-1500 High River General Hospital 403-652-2200 560 9th Ave SW High River, AB (24-Hour Emergency Department)</p> <p>OKOTOKS Addiction & Mental Health 403-943-1500 Okotoks Health & Wellness Centre 403-955-2600 11 Cimarron Common Okotoks, AB Urgent Care (8:00 a.m. – 10:00 p.m.)</p> <p>Urgent Mental Health Walk in services at Okotoks Health and Wellness Centre 7 days per week at urgent Care</p>	<p style="text-align: center;"><u>CALGARY COMMUNITIES AGAINST SEXUAL ABUSE (CCASA)</u></p> <p>24-hour information line, and counseling for anyone affected by the various forms of sexual abuse and sexual assault. Local appointments available at the Okotoks Health and Wellness Centre.</p> <p>Free confidential support Tel: 403-237-5888</p> <p style="text-align: center;"><u>CALGARY RURAL PRIMARY CARE NETWORK CRPCN</u></p> <p>Family Physicians in High River, Black Diamond and Okotoks can help you find someone to assist with your physical and mental health concerns. CRPCN offers additional supports such as:</p> <ul style="list-style-type: none"> • Social Work • Family Counsellor • Paediatric Case Manager • Nursing <p>These will help guide and locate the most appropriate resources for you. Contact info http://www.crpcn.ca/ Or CRPCN Office High River 103, 303 9th Avenue SW High River, AB T1V 0H2 Phone: 403-652-1654 Fax: 403-652-1721</p> <p style="text-align: center;"><u>FOOTHILLS REGIONAL VICTIM SERVICES ASSOCIATION</u></p> <p>Trained volunteers working from RCMP detachments provide practical assistance and emotional support to victims of crime or trauma.</p> <p>Contact: 403-652-2359</p>
<p style="text-align: center;"><u>ALBERTA HEALTH SERVICES</u></p> <p>COMMUNITY EDUCATION SERVICES Providing Parents, caregivers and others free access to public education sessions on child and youth emotional wellness Contact info https://community.hmhc.ca Phone: 403-995-4747 Email: CES@ahs.ca</p>		
<p style="text-align: center;"><u>ALBERTA HEALTH SERVICES</u></p> <p>Empowering Parents in choices (EPIC) Program. AHS Youth Addiction Services. Is a parent education and support group specifically designed for the parents or guardians who are experiencing significant struggles as a result of their child's substance use. This group consists of two components: Education Sessions and a Support Sessions. Education Sessions cover the following topics: • Mental Health and Substance Use • Teen Development • Self-Management • Boundaries and Values • Communication • Making a Change Call: (403) 297-4664 if you are planning to attend. Address: Cultural Hall, Hull Services Campus 2266 Woodpark Ave SW Calgary</p>		



Something to consider
Health - Mental Health and Wellness

<p><u>TEEN AND YOUNG ADULT CLINICS</u></p> <p>BLACK DIAMOND-TEEN HEALTH CLINIC Foothills Family Medical Centre Thursdays 4-7pm (or call for booking) Walk-ins and appointments accepted For ages 13- 19 yrs For all health needs For more information call 403-933-4368 https://ffmc.ca/</p> <p>HIGH RIVER- YOUTH CLINIC Calgary Rural Primary Care Network Charles Clark Medical Centre Tuesdays from 2-6 pm This clinic offers the following walk-in services to all teens and young adults up to the age of 27:</p> <ul style="list-style-type: none"> • Birth control • STI testing • Pregnancy testing • Emergency contraception • Education on birth control, • STIs, healthy relationships, • Drug awareness <p>Mental health counseling sessions are also offered at this clinic, with a booked appointment. These sessions are designed to deal with anxiety, depression, or reduction of stressful circumstances. For further questions or concerns, or to book an appointment for the mental health counseling sessions, please call 403-652-1654.</p> <p>http://www.crpcn.ca/about/high-river-teen-and-young-adult-clinic/</p>	<p><u>TEEN AND YOUNG ADULT CLINICS continued</u></p> <p>OKOTOKS SEXUAL AND REPRODUCTIVE HEALTH 11 Cimarron Common Okotoks Health and Wellness centre Thursdays 11-6 PM Phone 403-995-2600 Providing:</p> <ul style="list-style-type: none"> • Birth control/ emergency contraception • STI investigation and treatment • Pregnancy tests • Pap tests • HPV Vaccine and more 	<p><u>WEBSITES/HELP LINES- GENERAL HEALTH, MENTAL HEALTH AND WELLNES</u></p> <p>www.beyondblue.org.au/ybblue/ www.cmha.ca www.kidshelpphone.ca www.mindyourmind www.moodgym.anu.edu.au www.MyHealth.Alberta.ca https://ymhc.ngo/ http://teenmentalhealth.org/ www.suicideinfo.ca</p> <p>Access Mental Health: 403-943-1500 Addiction Services Helpline 1-866-332-2322 AlbertaQuits Helpline 1-866-710-7848 Bullying Helpline 1-888-456-2323 get help anonymously in more than 170 languages. From noon to 8 pm, 7 days a week Child and Youth advocate: 403.297.8435 Distress Centre help@distresscentre.com 24-hour Crisis Line (403) 266 HELP (4357) Family Violence Info Line 310-1818. 24-hour service- Online chat available daily from 8:00AM to 8:00PM- Toll Free 310-1818 - https://www.alberta.ca/family-violence-prevention.aspx First Nations and Inuit hope for wellness Help Line 1-855-242-3310. Online chat www.hopeforwellness Health Link- Health Advice 24/7- 811 Kids Help Phone Line (Youth Counselling Line) 1-800-668-6868 Poison and Drug Information Service 1-800-332-1414 Mental Health Helpline – 1-877-303-2642 Narcotics Anonymous Helpline 403-991-3427 24-hour service available in multiple languages Suicide Prevention Line (24 hr). Crises line for those thinking about suicide or concerned about others who may be considering suicide 1-833-456-4566 or 211</p>
	<p><u>SCHOOL COUNSELLORS</u></p> <p>Cameron Crossing (moving fall 2021) Address: 35 S Railway St, Okotoks, AB T1S 1K5 Call: (403) 652-3001 or (403) 938-6436</p> <p>Foothills Composite High School Alberta High School of Fine Arts Address: 229 Woodhaven Drive, Okotoks, AB T1S 2A7 Call: 403-938-6116</p> <p>Highwood High School Address: Corner of Hwy. 2A and 12th Ave SE T1V 1S1 Call: 403-652-5500</p> <p>Holy Trinity Academy Address: 338072 32nd St. E, RR2 Okotoks, AB T1S 1A2 Call: 403-938-2477</p> <p>Notre Dame Collegiate Address: 1500 High Country Dr NW, High River, AB T1V 1T7 Call: 403- 652-2231</p> <p>Oilfields High School Address: 511 3rd Street SW, Black Diamond Call: 403-938-4973</p> <p>St Luke's Outreach Centre Address: Bay 1, 22 Elizabeth Street Okotoks, AB T1S1B4 Call: 403-995-0287</p>	

