

ACCESS MENTAL HEALTH

Unsure of next step. Get information and support. Connect to local resources
Call 403-943-1500 (Voicemail after hours Mon-Fri 8am-5pm)
Email: mental.health@ahs.ca

ALBERTA HEALTH SERVICES

BLACK DIAMOND

Oilfields General Hospital 403-933-2222 (24-Hour Emergency Department).
Addiction & Mental Health 403-933-3800
Community Health Services 403-933-650

HIGH RIVER

High River Addiction & Mental Health Clinic
Addiction & Mental Health 403-652-8340
High River Community Cancer Centre 403-652-2200
High River General Hospital 403-652-2200 (24-Hour Emergency Department)
High River Public Health Centre 403-652-2200
Community Health Services 403-652-5450

NANTON

Nanton Community Health Centre
Addiction & Mental Health 403-646-2277
Community Health Services 403-646-2218

OKOTOKS

Okotoks Health & Wellness Centre 403-955-2600
Addiction & Mental Health 403-955-2712
Community Health Services 403-955-6200
Urgent Care (8:00 a.m. – 10:00 p.m.) 403-995-2600

COMMUNITY CARE SOCIAL WORKERS

- Non-crisis
- Okotoks
- Focus on addressing barriers to health care
- Home visits

People can self-refer through the Community Access Number- 403-995-2652

ALBERTA HELTH SERVICES

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

ALBERTA HEALTH SERVICES

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. 403-297-4664 **Address:** Cultural Hall, Hull Services Campus 2266 Woodpark Ave SW Calgary.

CALGARY COMMUNITIES AGAINST SEXUAL ABUSE (CCASA)

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.

Free confidential support
Tell 403-237-5888

CALGARY RURAL PRIMARY CARE NETWORK CRPCN

Family Physicians in High River, Black Diamond and Okotoks.
Offers Health Education and Wellness classes.

Additional supports include:

- Social Work
- Family Counsellor
- Paediatrician Case Manager

Located at the Okotoks Health and Wellness Centre
11 Cimarron Common Okotoks

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

DISTRESS CENTRE

For all crisis and distress issues, 24 hours/day, 7 days/week
Calls to Distress Centre are confidential and non-judgemental.
Offer free 24hour crisis Distress centre
24-hour Crisis Line (403) 266 HELP (4357)

help@distresscentre.com

Intervention, professional counselling, and referral services are provided to help overcome crisis. Volunteers and professional staff are always there when you need someone to talk to. Emails are responded to within 24-48 hours (not an immediate response)

FOOTHILLS REGIONAL VICTIM SERVICES ASSOCIATION

Trained volunteers working from RCMP detachments provide practical assistance and emotional support to victims of crime or trauma.

Contact 403-652-2359

TEEN AND YOUNG ADULT CLINICS

BLACK DIAMOND-TEEN HEALTH CLINIC

Foothills Family Medical Centre

Thursdays 4-7pm
Walk-ins and appointments accepted
For ages 13- 19 yrs
For all health needs

For more information call 403-933-4368

<https://ffmc.ca/>

Foothills Children's Wellness Network- YOUTH BRANCH

TEEN AND YOUNG ADULT CLINICS
continued

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:

- Birth control
- STI testing
- Pregnancy testing
- Emergency contraception
- Education on birth control,
- STIs, healthy relationships,
- Drug awareness

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.

<http://www.crpcn.ca/about/high-river-teen-and-young-adult-clinic/>

OKOTOKS SEXUAL AND REPRODUCTIVE HEALTH

**** By appointment only****

11 Cimarron Common
Okotoks Health and Wellness Centre
Thursdays 12-6 PM
Phone 403-995-2600

Providing:

- Birth control/ emergency contraception
- STI investigation and treatment
- Pregnancy tests & Options Support
- Pap tests
- HPV Vaccine
- No cost

And more

SCHOOL COUNSELLORS

Cameron Crossing

Address: 35 S Railway St, Okotoks, AB, T1S 1K5

Call: (403) 652-3001 or (403) 938-6436

Foothills Composite High School

Alberta High School of Fine Arts

Address: 229 Woodhaven Drive, Okotoks, AB, T1S 2A7

Call: 403-938-6116

Highwood High School

Address: Corner of Hwy. 2A and 12th Ave SE. T1V 1S1

Call: 403-652-5500

Holy Trinity Academy

Address: 338072 32nd Street E, RR2 Okotoks, AB. T1S 1A2

Call: 403-938-2477

Notre Dame Collegiate

Address: 1500 High Country Dr NW, High River, AB, T1V 1T7

Call: 403- 652-2231

Oilfields High School

Address: 511 3rd Street SW Black Diamond

Call: 403-938-4973

St Luke's Outreach Centre

Address: Bay 1, 22 Elizabeth Street Okotoks, AB.T1S 1B4

Call: 403-995-0287

WEBSITES/HELP LINES- GENERAL HEALTH, MENTAL HEALTH AND WELLNES

www.beyondblue.org.au/ybblue/

www.cmha.ca

www.kidshelpphone.ca

www.mindyourmind

www.moodgym.anu.edu.au

www.MyHealth.Alberta.ca

www.reachout.com.au

WEBSITES/HELP LINES- GENERAL HEALTH, MENTAL HEALTH AND WELLNES Continued

<http://teenmentalhealth.org/>

www.suicideinfo.ca

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 Address: 9925 109 St NW #600, Edmonton, AB T5J 3M9. **Phone:** (780) 422-6056

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 12:00PM 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 – Access Mental Health 1-844-943-1500

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 1-800-784-2433