

Virtual Supports

Crisis Text Line Text: CONNECT to 741741

Togetherall - an anonymous clinically moderated free online peer-to-peer mental health community. <https://www.togetherall.com>

Youth Addiction & Mental Health - Help4Me.ca

Wellnes Together Canada - Mental Health and Substance Use Support.

Adults call 1-866-585-0445

Or text WELLNESS to 741741

Youth call 1-888-668-6814

Or text WELLNESS to 686868

COVID Resources for mental health

Text4Hope. Text COVID19HOPE to 393939 on your cell phone to receive daily tests of encouragement.

Alberta Health Services COVID Resource
<https://www.albertahealthservices.ca>

Lacombe & District FCSS
#201, 5214 50th Ave.
Lacombe, AB
T4L 0B6

Phone: 403-782-6637

Fax: 403-782-6639

Website: www.lacombefcss.net

Lacombe FCSS Community Outreach Program

Outreach Services are intended to help individuals and families access services. Participation in Outreach Services is voluntary and free of charge.

An Outreach Coordinator is available to provide supports based upon assessed needs of clients.

General Outreach Services are offered by appointment only.

Monday - Friday

9:00 am - 4:30 pm



Mental Health & Addictions RESOURCE GUIDE



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Emergency Supports & Resources

24 Hour Distress Line	1-780-482 HELP (4357)
211 Alberta (Community Resources)	211
811 Health Link (free 24/7 health advice)	811
Central AB Women's Outreach, Red Deer	403-346-5643
Central AB Refugee Effort	403-346-8818
Central AB Women's Emergency Shelter	403-346-5643
Child Abuse Hotline - for kids	1-800-387-5437
Child Abuse Hotline—for adults	1-800-638-0715
Crisis Centre (Sexual Assault Services)	403-340-1124/1-866-956-1099
Family Violence Info Line	403-310-1818
Kids Help Phone	1-800-668-6868 Or text 686868
Victim Services (Lacombe)	403-782-3279
Suicide Prevention	1-888-456-2323 Or text 45645
Seniors Abuse Help Line (24 hrs)	1-780-454-8888
Bullying Help Line (24hrs.toll free)	1-888-456-2323
First Nation & Inuit Hope for Wellness Helpline	1-855-242-3310
Mental Health Help line (24/7 help)	1-877-303-2642
Canadian Mental Health Association (Red Deer)	403-342-2266
Elder Abuse Resource Information Line (24hrs) (Red Deer)	403-346-6076 or 1-877-454-2580
Youth Addictions & Mental Health Crisis & Distress line	Red Deer & North 1-800-232-7288



Addictions Support or Counselling

AB Health Services-Addictions	403-340-5274
AHS Addiction Helpline	1-866-332-2322
iRecover (Tees, AB)	1-877-387-4155
Alberta Quits Helpline	1-866-710-7848
www.albertaquits.ca	
Lacombe Addictions & Mental Health	403-782-3413
Drug Rehab Institute	1-877-909-3636
Central AB Methadone program	403-309-3652
Turning Point (Red Deer)	403-346-8858

Counselling

AHS- Lacombe Mental Health (Free)	403-782-3413
Catholic Social Services (Red Deer)	403-347-8844
Inspirational Insights Counselling	403-848-2432
Or info@inspirationalinsightscounselling.com	
Luciak Counselling (Red Deer)	403-302-1459
Shalom counselling (Red Deer)	403-342-0339
Or info@shalomcounselling.com	
Adriel Healing Centre (Lacombe)	403-307-5948
Or adrielhealingcentre@gmail.com	
Vantage Community Services	403-340-8995
Or www.vantagecommunityservices.ca	

Addictions Support or Counselling (cont'd)

Counselling

Central Alberta Youth Unlimited (Lacombe)	
Or info@cayy.ca	403-789-2298
Lacombe Community Health Centre	403-782-3218
Family Services of Central Alberta (Red Deer)	
Or fsca@fsca.ca	403-343-6407
Deborah MacNeil (Lacombe)	587-876-2632
debmacn@shaw.ca	
Jennifer Tilbury (Lacombe)	403-550-3219
Or info@tilburycounselling.ca	
Family Services of Central Alberta	403-343-6400

