

<b>Crisis Service</b>	<b>Age</b>	<b>Cost</b>	<b>How to Access</b>
Emergency Department (ER)	All Ages	Free	Go to ER at Red Deer Regional Hospital
Police and Crisis Team (PACT) - (For Crisis Situations)	All Ages	Free	403.406.2505 / RCMP 403.343.5575 / 911
Mental Health Help Line (24/7)	All Ages	Free	1.877.303.2642
Kids Help Phone (24/7)	Child/ Adolescent	Free	1.800.668.6868
Suicide Prevention	All Ages	Free	1.800.784.2433
Bullying Helpline	Child/Adolescent	Free	1.888.456.2323
Recovery Alberta Addiction Help Line	All Ages	Free	1.866.332.2322
Children's Advocacy Center – Treatment, support and recovery of abuse	Children/Adolescents/ Families	Free	587.872.2233 #200, 4315-55 Avenue
Family Violence Line	All Ages	Free	403.310.1818 Jim Freeman 403.343.9200
Sexual Assault Helpline	All Ages	Free	Call or Text 1.866.403.8000
Victim Services – Support, Information and referrals.	All Ages	Free	403.406.2345
Youth HQ – Youth Shelter	Adolescents	Free	403.341.3190 4633-49 <sup>th</sup> Street
Street Ties Youth Outreach (Vantage) – Crisis counselling and supports	13-21	Free	403.340.8995 Monday to Thursday 9-4, Friday 9-12 4928-51 Street Red Deer
<b>Drop-In Therapy Services</b>	<b>Age</b>	<b>Cost</b>	<b>How to Access</b>
Recovery Alberta Addiction and Mental Health – Counselling/ Psychiatry <b>Moderate to Severe Mental Health</b>	Child/ Adolescent	Free	403.340.5274 Tuesday & Thursday 1:00 - 3:00pm 70 College Circle, Red Deer
Recovery Alberta Addiction and Mental Health – Counselling/ Psychiatry <b>Moderate to Severe Mental Health</b>	18 +	Free	403.340.5466 <b>Screening &amp; Referral</b> Mon - Fri 8:30am to 3:00pm 4733-49th Street, Red Deer
<b>Non-Emergent Services Counselling</b>	<b>Age</b>	<b>Cost</b>	<b>How to Access</b>
Recovery Alberta Addiction and Mental Health – Counselling/ Psychiatry <b>Moderate to Severe Mental Health</b>	Child/ Adolescent	Free	403.340.5274 <b>Central Access Referral Required</b> Monday to Friday 8:00am to 4:30pm 70 College Circle, Red Deer
Recovery Alberta Addiction and Mental Health – Counselling/ Psychiatry <b>Moderate to Severe Mental Health</b>	18 +	Free	403.340.5466 <b>Referral</b> Mon - Fri 8:30am to 3:00pm 4733-49th Street, Red Deer
Red Deer Primary Care Network – Brief Counselling <b>Mild to Moderate Mental Health</b> (anxiety, depression, stress, grief, relationships difficulties, changes to life circumstances)	18 +	Free	Booking line 403.314.3297 5120 47 Street Red Deer <b>PCN referral required, or Pt can self- refer if they have a RDPCN doctor/NP.</b>
Parent Benefits and or Employee Assistance Program (EAP) – Counselling- long and short-term depending on benefit plan.	All Ages	Free/ or co-pay	– Contact employer about benefits – <a href="http://www.psychologytoday.com">www.psychologytoday.com</a> to find private counselors who direct bill
Sendero Centre (formerly Central Alberta Sexual Assault Services) • Counselling for those affected by sexual abuse	All Ages	Free	403.340.1124 70 College Circle, Red Deer

<b>Fee For Service Counselling</b>	<b>Ages</b>	<b>Cost</b>	<b>How to Access</b>
Family services of Central Alberta – Counselling	All Ages/Couples/ Families	Sliding Fee Scale	403.343.6400 5409-50 Avenue, Red Deer
Vantage Community Services – Counselling	Children/Youth/Family	Sliding Fee Scale	403.340.8995 4920-54 Street Red Deer
Catholic Social Services – Anger Management – Family Counselling – Mental health and addictions counselling	All ages	Sliding Fee Scale	403.347.8844 5104-48 Avenue, Red Deer
Family Services of Central Albertas – <a href="#">Counselling</a> Parenting, Family, Couples	All ages	Sliding Fee Scale	403.343.6400 5409- 50 Avenue, Red Deer <a href="http://www.fsca.ca">http://www.fsca.ca</a>
Shalom Counselling – <a href="#">Christian Counselling</a>	All ages	Sliding Fee Scale	403.342.0339
Psychology Today – Other private fee for service counselling services	All ages	Fee for Service	<a href="https://www.psychologytoday.com/ca">https://www.psychologytoday.com/ca</a>
<b>Detox</b>	<b>Ages</b>	<b>Cost</b>	<b>How to Access</b>
Recovery Alberta Voluntary Youth Detox Center – PCHAD – Addictions Treatment Centre for Youth	Adolescents	Free	403.340.5274 70 College Circle, Red Deer
<b>Other Services</b>	<b>Ages</b>	<b>Cost</b>	<b>How to Access</b>
School Wellness Program	Child/ Adolescent	Free	403.342.4320
Outreach Center <ul style="list-style-type: none"> <li>Youth Boundaries course- building healthy relationships, self-esteem and boundaries</li> <li>Kids empowered course-kids exposed to domestic violence, suicide, homelessness and poverty- engage in feelings, self-esteem, talk about mental health concerns and how to build trust.</li> <li>Discovering me course- exposed to domestic violence, suicide, homelessness and poverty- self regulation, coping, and with self-esteem and emotions.</li> </ul>	13-17 yrs.  5-8 yrs.  9-12 yrs.	Free	403.347.2480 4101-54 Avenue Red Deer <a href="https://theoutreachcentre.org">https://theoutreachcentre.org</a>
Mc Man Youth, Family and Community Services Association <ul style="list-style-type: none"> <li>Programs for: FASD, PDD, addictions, homelessness, at risk youth, foster Care.</li> </ul>	Child/ Adolescent/ Family	Free	403.309.2022 Unit 103, 5214 47 Avenue
Aspire <ul style="list-style-type: none"> <li>Psychological, Physical, Speech-language, Occupational- assessments/ consultation/ therapy</li> <li>Preschool-early access to supportive education</li> </ul>	Children/Youth/Family	Fee for Service (Can use benefits for coverage)	403.340.2606 4826- 47 Street Red Deer Application form will be sent to parents to access services
Big Brothers Big Sisters	Children/ Youth	Free	Youth Headquarters 403.342.6500