

strathcona.ca/youth

familyandcommunity@strathcona.ca

780-464-4044

Family and Community Services

QUESTIONS ?

HOW CAN I GET HELP WITH SCHOOL?

Alberta Education

· completing high school
310-0000
education.alberta.ca

BGS (Edmonton)

· job help, school upgrading
780-425-6655
bgsenterprises.com

Strathcona County Family and Community Services

· connect to resources and information
780-464-4044
strathcona.ca/navigation

Elk Island Public Schools

· school supplies, information on tutoring
780-464-3477
eips.ca

Elk Island Catholic Schools

· school supplies, information on tutoring
780-467-8896
eics.ab.ca

Strathcona Food Bank

· food and personal care items
780-449-6413
strathconafoodbank.ca

WHERE CAN I STAY IF I CAN'T GO HOME?

Inner City Youth Housing Project

780-479-7075
icyhp.ca

Hope Mission Youth Shelter

780-422-2018
hopemission.com

Youth Empowerment & Support Services

780-468-7070
yess.org



WHERE CAN I GET FOOD?

Legal Aid Alberta

legalaid.ab.ca
1-866-845-3425

RCMP non-emergency

Administration: 780-467-7749
General Line: 780-467-7741
strathcona.ca/rcmp

SAFFRON Centre LTD.

· trauma, abuse related to sexual violence help
780-449-0900
safroncentre.com

U-Turn for Youth

· addiction recovery
780-293-0737
pepsociety.ca

WHERE CAN I GET HELP?

YOUTH HELP CARD

STRATHCONA
COUNTY



Alberta Health Services

· addictions, mental health information
Health Link: 811 (24hrs/7days a week)
Addictions Helpline: 1-866-332-2322 (24/7)
Mental Health Helpline: 1-877-303-2642 (24/7)
albertahealthservices.ca

Children's Services

· child protection/can't be or don't feel
safe at home/family support
780-467-5195
www.alberta.ca/ministry-childrens-services.aspx

Strathcona County Family & Community Services

780-464-4044
Counselling Services
· free, no appointment, counselling services
strathcona.ca/counselling
Navigation
· one-on-one information on programs and
services available
strathcona.ca/navigation

EMERGENCY AND 24-HOUR NUMBERS

Fire, Police, Ambulance

911

Addiction Helpline

1-866-332-2322
albertahealthservices.ca

A Safe Place

· family violence help
780-464-7233
asafeplace.ca

Bullying Helpline

1-888-456-2323
bullyfreealberta.ca

Mental Health Crisis Team for Children and Youth

780-407-1000
albertahealthservice.ca

Child Abuse Hotline

1-800-387-5437

The Distress Line

· suicide, support
780-482-4357
crisisupportcentre.com

Health Link

· health advice
811
myhealth.alberta.ca

PADIS: Poison and Drug Information Service

· alcohol and drugs
1-800-332-1414
albertahealthservice.ca

Sexual Assault Centre of Edmonton Info Line

780-423-4121
sace.ab.ca

The Support Network

· community resource info
211
ab.211.ca

TransLife Line

· 18 hr support line for transgender youth
877-330-6366
Mon to Sun: 9 a.m. – 3 a.m.
translifeline.org

Victim Services

· support for crime victims
780-449-0153
strathcona.ca/rcmp

WHO CAN I TALK TO WHEN I NEED SUPPORT?

Kids Help Phone

· advice and support line, free to download *Always There App*
1-800-668-6868
4 a.m. – midnight
kidshelpphone.ca

Calgary Connect Teen

· open to all teens, advice and information
Text: 587-333-2724
Mon to Fri: 3 a.m. – 10 p.m.
Sat & Sun: 12 a.m. – 10 p.m.
Online chat: calgaryconnectteen.com
Mon to Fri: 3 a.m. – 10 p.m.
Sat & Sun: 12 a.m. – 10 p.m.
Email: connectTeen@distresscentre.ca

YouthSpace

· advice, emotional support, crisis response, and ASIST Suicide First Aid
Text: 780-783-0177
7 p.m. – 1 a.m. (MST)
Online chat: youthspace.ca

For more information regarding youth programs or to download the digital version of the Youth Help Card go to:

strathcona.ca/youth

HOW CAN I CARE FOR MY HEALTH?

Alberta Child Health Benefit

· free health services for low-income families
780-427-6848
alberta.ca/alberta-child-health-benefit

Birth Control Centre

· counselling, contraceptives, sexual health related testing
780-735-0010
albertahealthservices.ca

Health For Two

Strathcona County Health Centre
· information, milk coupons, vitamins
780-735-3008
albertahealthservices.ca

NAIT Dental Clinic

· provides low cost dental services for ages 7 to 17 year old
780-471-7786
nait.ca/66693.htm

Gianna Centre

· free pregnancy options counselling
780-482-5111
cssalberta.ca/gianna-centre

Sexually Transmitted

Infections Clinic (East Edmonton)
· free, confidential testing, referrals
· four locations
780-342-4733
albertahealthservices.ca

University of Alberta Dentistry Clinic

· discounted fees
780-407-6854
dent.ualberta.ca

Boys and Girls Club of Strathcona County

· low-cost/free activities
780-416-1500
scbgc.com

Transit Link

780-464-7433
strathcona.ca/transit

Strathcona County Family and Community Services

· recreation and transit subsidies available to eligible applicants, may require permission
780-464-4044
strathcona.ca/fcs

Strathcona County Information and Volunteer Centre

780-464-4242
ivcstrathcona.org

Strathcona County Library

· free internet and computer access
780-410-8600
sclibrary.ab.ca

The altView Foundation

· gender variant and sexual minorities
780-666-5428
altview.ca

HOW CAN I STAY CONNECTED?