

Children and Youth Mental Health Service Directory

Grande Prairie and Area

**This Service Directory was created as part of the
Children and Youth Mental Health (CYMH) project team.**

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Did you know?

The city of Grande Prairie, and the towns located within 25km of the city, have many great services and agencies for youth that focus specifically on mental health and wellbeing. This Service Directory contains a list of agencies and organizations that offer programs and services for children and youth. It's intended to help connect young people to the agencies and programs who can support and assist them when needed.

This Children and Youth Mental Health Service Directory was created to help children, youth, parents, caregivers, and anyone who works with youth easily find everything from crisis supports and mental health education to recreation activities and support groups. All of the agencies and organizations that are included in this guide are here because they offer services or supports that relate to children and youth mental health and wellbeing.

All information in this Service Directory was obtained from 211 Alberta, informalberta.ca, and helpseeker.org, which are online databases that list information on community, health and social services all over Alberta.

While all of the resources, supports, and agencies listed here have been narrowed down for people between the ages of 12 and 17, some services and programs are for individuals outside of the 12 to 17 age range or outside of Alberta. Check with the agency to see what age groups or geographic jurisdictions they offer services to.

We aimed to create this list to be as inclusive as possible; however, programs change from time to time. This service directory is up to date as of March 31, 2021. For any updates, please refer to individual agency's website.

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University of British Columbia,
School of Social Work

University of Calgary, Werklund School of Education

Western University, Faculty of Health Sciences

Wood's Homes (Calgary)

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URGENT NEEDS

EMERGENCY CONTACTS

Ambulance **911**

EMS Station	780-538-1253
Queen Elizabeth II Hospital	780-538-7100

Fire **911**

City of Grande Prairie	780-538-0393
County of Grande Prairie	780-532-9727

RCMP **911**

Non-Emergency or Police Complaints	780-830-5701
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City of Grande Prairie	780-538-0300
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County of Grande Prairie	780-532-9722
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County of Grande Prairie Water/Sewer	780-532-7393
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Poison and Drug Information	1-800-332-1414
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HELPLINES & CRISIS NUMBERS

Alberta Provincial Abuse Helpline	1-855-443-5722
Bullying Helpline	1-800-456-2323
Child Abuse Hotline	1-800-387-5437
Child Intervention After-Hours Crisis Line	1-800-638-0715
Hope for Wellness Helpline	1-855-242-3310
Health Link Alberta	811
Kids Help Phone	1-800-668-6868
LGBT Youthline	1-800-268-9688
Mental Health Helpline	1-877-303-2642
Mobile Outreach Program	780-830-7094
TransLife Line	1-877-330-6366

Online Resources

211	https://211.ca
Helpseeker	https://helpseeker.org
Informalberta	https://informalberta.ca/
Report Hate Crimes	www.stophateab.ca

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AGENCY LISTINGS

211

<https://ab.211.ca/>

Phone: 211

Text: INFO to 211

- Province wide information and referral service database for a wide range of resources and supports
- Live online chat available
- Free, confidential, and available in over 170 languages over the phone

Addiction Help Line, Alberta Health Services

1-866-332-2322

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1008399>

- 24/7, confidential service that provides support, information and referrals to any Albertan in need who is experiencing addiction and/or mental health concerns

Addictions & Mental Health - Adult and Youth Intake, Alberta Health Services

9728 101 Ave

780-833-4323

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1026203&serviceAtFacilityID=1047873#contentStart>

- Addiction & Mental Health – Adult & Youth Intake
- Brief screening and one-on-one session with an intake worker
- Screening for addiction and mental health issues and referral to appropriate services and supports including addictions counsellors and mental health clinicians

Al-Anon

10129 - 128 Ave

780-538-4146

<https://al-anon.ab.ca/alateen/>

- Alateen is an Al-Anon group for youth who are or have been affected by someone else's drinking

Alberta Provincial Abuse Helpline

1-855-443-5722

- Help and information line for anyone who is experiencing, or suspect someone is experiencing family violence or abuse
- Phone line offers assistance in more than 100 languages

Alberta Sexual Assault Services

1-866-403-8000

<https://aasas.ca/support-and-information/>

- Offers phone, text or online chat services on education and support for anyone who is currently, or has in the past, experienced sexual abuse and/or sexual assault

Alcoholics Anonymous (AA)

Box 85, Stn Main

780-532-1772

<https://www.grandeprairieaa.com>

- Support group whose main purpose is to help each other achieve sobriety
- Support group meetings offered throughout the week

Anxiety Canada

<https://www.anxietycanada.com>

- Offers free online, self-help and evidence-based resources for anxiety
- Tools include an app to help manage anxiety

Beaverlodge Community Health Services,

Alberta Health Services

412 10A St, Beaverlodge

780-538-5160

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=7396&serviceAtFacilityID=1102348#contentStart>

- Provides individual, group, couple and family therapy to children, youth and their families experiencing mental illness
- Referral required for children's mental health treatment

AGENCY LISTINGS

Beaverlodge Municipal Hospital, Alberta Health Services

422 10A St, Beaverlodge
780-538-7269

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1009103&serviceAtFacilityID=1082258#contentStart>

- Social Work services include support in connecting with community and government agencies, counseling and crisis support, and information/education on important resources and legislation
- Referral required from doctor or healthcare provider

Beaverlodge Victims Services Unit

402 10 St, Beaverlodge
780-354-2349

<https://beaverlodgevictimservices.ca>

- Support, practical information, and useful resources to victims of crime, abuse, tragedy, and violence
- Programs include support for preparing statements and applying for financial benefits

Big Brothers Big Sisters of Grande Prairie and Area

#104, 10001 100 Ave
780-532-0620

<https://grandeprairie.bigbrothersbigsisters.ca/what-we-do/our-programs/>

- Providing one-to-one and group mentorship to young people
- Programs are available for LGBTQ+ youth

Bullying Helpline

1-888-456-2323

<https://www.alberta.ca/bullying-find-supports.aspx>

- Phone or utilize the online chat to have a 30-minute session with trained staff/counsellors
- Offers support for individuals being bullied or who need advice on how to help others who are being bullied

Burden Bearers

9835 101 Ave
780-539-5225

<https://www.burdenbearersgp.com/>

- Individual, couples, and family counselling
- Services available for sexual dependence counselling

Canada Drug Rehab Addiction Services Directory

1-888-245-6887

<https://www.canadadrugrehab.ca>

- Toll free help line
- Database for addiction services

Canadian Mental Health Association, Alberta Northwest Region

9713 100 Ave
780-814-2349

<https://www.gpcmha.ca>

- Provides supports and resources to foster mentally healthy people in the community
- Offers interactive and art-based programs for making connections, building skills, and improving mental health
- Supports for those experiencing homelessness, substance addictions and mental health issues

Canadian Red Cross Grande Prairie Office

101, 10136 128 Ave
1-877-356-3226

<https://www.redcross.ca/in-your-community/alberta/violence,-bullying-and-abuse-prevention/grande-prairie-office-violence,-bullying-and-abuse-prevention>

- Educational programs for children, youth, and adults on preventing violence and abuse, including bullying prevention, healthy relationships, and preventing child maltreatment

AGENCY LISTINGS

Canada Suicide Prevention Service

Phone: 1-833-456-4566

Text: 45645

<https://www.crisisservicescanada.ca/en/>

- Offers support and a safe space to talk, free of judgement, for anyone thinking about suicide, or about a friend or loved one who is affected

Caribou Child and Youth Centre

10031 103 Ave

780-814-7223

<http://www.cariboucentre.com/about/family-support-advocate>

- Support for children and youth who have experienced abuse or trauma, and their families
- Advocacy services including supporting youth with caregivers, crisis support, help understanding the legal system, and information and referrals

Catholic Family Services Society of Grande Prairie

10105 102 St

780-532-9381

<https://www.cfsgp.ca/>

- Provides counseling for families as well as individuals, couples, and groups
- Offers educational workshops and family/community liaison program

Centre for Online Mental Health Support

<https://www.comhs.health>

- Offers free virtual support groups and a variety of webinars on mental health related topics for youth

Centre for Young Parents

9625 Prairie Rd

780-538-3854

<https://www.teenparents.ca>

- Offers supports to teens who are pregnant and/or parenting
- Offers one-on-one mental health support, support groups on a variety of topics, and counselling services

Child Abuse Hotline

1-800-387-5437

<https://www.alberta.ca/find-supports-for-child-abuse-neglect-and-sexual-exploitation.aspx>

- Connects callers with Alberta Child Intervention supports to report concerns and/or get help for individuals who are being neglected, abused or sexually exploited

Child and Youth Intervention Program, City of Grande Prairie

9910 99 Ave

780-830-7094

<https://www.cityofgp.com/culture-community/social-programs-and-initiatives/youth-support-programs>

- The Child and Youth Intervention Program aims to help youth, who have come into contact with RCMP, address behavior and develop coping skills
- Supports for parents seeking resources

Child and Youth Virtual Telepsychiatry Services, Alberta Health Services

780-538-5210

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1077613&serviceAtFacilityID=1125153>

- Provides virtual psychiatric consults and guidance to children and youth in rural areas
- Referral required

Community Opioid Response Task Force, City of Grande Prairie

780-538-0380

<https://everyoneisimpacted.com/book-a-session/>

- Provides opioid education sessions, with options for facilitated sessions for groups

AGENCY LISTINGS

Connecteen

Phone: 403-264-8336

Text: 587-333-2724

<https://calgaryconnecteen.com/2015/02/need-help/>

- Connect with a teen volunteer
- Confidential peer support service for youth via phone call, text or online chat session
- Judgment free support for all issues; youth can speak to someone who will understand their responsibilities, stresses, and unique situation or problems

Cool Aid Society

<https://www.coolaidsociety.com>

Southside Centre Drop-In

9645 Prairie Rd

780-357-9354

Hillside Centre Drop-in

9667 Hillcrest Dr2

780-532-9004

- Drop-in centers offering friendship, guidance, and support to youth in grades 1 to 12 in the city of Grande Prairie.
- Providing positive, healthy leisure activities while building resiliency

Crisis Text Line Canada

741741

<https://www.crisistextline.org>

- Text HOME to 741 741 to receive 24/7 crisis support and connect with a Crisis Counsellor

Family and Community Support Services, County of Grande Prairie

408, 9915 102 St, Clairmont

780-567-5586

<https://www.countygp.ab.ca/en/living-in-our-community/community-school-liason-program.aspx>

- Community School Liaison Program
- Supporting students and families having trouble at home or school
- For students in select schools in the County of Grande Prairie (see website)

Family and Community Support Services, Town of Beaverlodge

Town Office, 400 - 10th St, Beaverlodge

780-354-2204

<http://www.beaverlodge.ca/main.aspx?CategoryCode=71C5B41B-2BE9-45BB-BE76-B808B9C1C779&pageCode=9855B705-23C7-4164-AD55-C2553C2CE879&subPageCode=F1253764-8861-4538-96B2-92F4DDC0BB05>

- Offers programs and referral services that enhance the wellbeing of individuals, families and the community
- Offers workshops for teens on a variety of topics

Family and Community Support Services, Town of Sexsmith

Box 420, 9927 100, Sexsmith

780-568-4345

<http://www.sexsmith.ca/main.aspx?CategoryCode=47615773-CD0B-4668-8B13-398E20D842A1&pageCode=1A1AF354-056A-49B8-B89F-C8055CF3F96B>

- Offers preventive and social programs that enhance the lives of individuals, families, and the community

Family and Community Support Services, Town of Wembley

Box 89, 9940 101 St, Wembley

780-766-2269

<http://www.wembley.ca/p/fcss>

- Offers community-based programs, services and social initiatives with a focus on prevention that enhance the well-being of individuals, families and the community

Family Information Liaison Unit

Toll Free: 310-0000 then 780-644-9823

<https://www.alberta.ca/family-information-liason-unit.aspx>

- Support, information, and counselling for families of missing and murdered Indigenous women and girls
- Information about the justice system and legal processes, updates on criminal investigations, court proceedings and inquiries

AGENCY LISTINGS

Family Support for Children with Disabilities, Government of Alberta

214 Place South, 300, 10130 99 Ave
780-538-5115

<https://www.alberta.ca/fscd-office-locations.aspx>

- Grande Prairie and Area Disability Services
- Supporting children with disabilities in accessing specialized services, including access to a psychologist

Family Violence Info Line

Toll free 310-1818

<https://www.alberta.ca/family-violence-find-supports.aspx>

- Phone or utilize the online chat anonymously for a 30-minute session to receive help and support related to family violence or domestic violence, and learn about your rights for protection

First Nations Health Consortium

1-844-558-8748

<https://www.abfnhc.com/index.php/services>

- Provides supports to families in accessing education, health or social programs to meet children and youth's need
- Provides guidance in navigating provincial and federal systems for supports and resources

First Nation, Métis and Inuit Family Outreach, Grande Prairie Public School Division

10127 120 Ave

780-539-0950

[https://www.gppsd.ab.ca/Programs/Indigenous-programming/Pages/default.aspx#/=](https://www.gppsd.ab.ca/Programs/Indigenous-programming/Pages/default.aspx#/)

- Indigenous programming and supports for students and their families

Grande Prairie and District Catholic Schools

9902 101 St

780-532-3013

<https://www.gpcsd.ca/>

- School based mental health supports
- Student access to Indigenous Education Liaisons

Grande Prairie and District Grief Support Association

10031 103 Ave

780-539-5432

<https://gpgriefsupport.com/camp-heal-a-heart/>

- Offering therapeutic and recreational based programming for children and youth affected by loss
- Programs include overnight camps, and support and educational groups

Grande Prairie and District Victim Services

10202 99 St

780-830-5755

<https://www.grandeprairievictimservices.com>

- Supports for victims of crime, tragedy, trauma including access to crisis supports and legal supports

Grande Prairie Centre for Newcomers

505, 10014 99 St

780-538-4452

<https://www.gpcn.ca/copy-of-settlement-services>

- Support for newcomers with settlement needs
- Offers supportive counseling, especially with crisis and adapting to life in Canada

Grande Prairie Family Education Society

9607 102 St

780-830-0920

<https://www.familyeducationsociety.org/fasd>

- Support for individuals living with FASD and their families.
- Services include supports for health, mental health, social services, education and training, justice, addictions, and family support throughout their lives

AGENCY LISTINGS

Grande Prairie Friendship Centre

West Location

10507 98 Ave
780-933-2995

<https://www.gpfriendshipcenter.com/programs/niha>

- Aims to deliver programs that meet the needs of Indigenous people in the community and those migrating to urban centres
- Pitone Youth Group focuses on health, sexuality, culture and youth issues
- Babies Best Start program offers support to pregnant and parenting women and teens

Downtown Location

10105 97 Ave
780-539-7522

<https://www.gpfriendshipcenter.com/programs/mamewpitaw>

- Offers the Mamewpitaw program for families either at risk or who desire reunification
- Support is guided by Indigenous teachings

Grande Prairie Nordic Court, Alberta Health Services

10014 99 St
780-538-5162

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=7396&serviceAtFacilityID=1102355#contentStart>

- Child and youth addictions and mental health services.
- Services include treatment, outreach, detoxification and stabilization, mental health information, promotion, and prevention

Grande Prairie Voice for Life

11449 92 St
780-538-3344

<http://www.gpvoiceforlife.ca/education.html>

- Christian-based school presentations on sexuality, wellness, healthy relationships

Grande Prairie Volunteer Services Bureau

Community Village - Building C. 10116 - 102 Ave
780-538-2727

<https://wired2hire.ca>

- Mental Health and Addictions Navigator, supporting individuals access appropriate social well-being/mental health and addiction support

Grande Prairie Youth Help Site

<http://www.gpyouth.ca>

- Website resources for Grande Prairie youth
- Help for mental health, counseling, bullying, drugs, pregnancy, living without support, mental health, counseling and much more

Health Link (811)

811

<https://www.albertahealthservices.ca/assets/healthinfo/link/index.html>

- Offers health advice, information, and assistance in finding health care supports and resources for individuals of all ages

HeARTh Social Profit Company

103, 10029 97 Ave
780-933-2830

<https://www.dmgdomoregood.org/grande-prairie-page>

- Be Club (Beneficial Engagement) programs for inclusive social connection, creativity and skill-building.
- Persons with Developmental Disabilities (PDD) services

Hope for Wellness Help Line

1-855-242-3310

<https://www.hopeforwellness.ca>

- Offers mental health counselling and crisis intervention to all Indigenous people in Canada via phone or through the website's online chat

Hug A Sister

<https://www.hugasister.com>

- Grassroots initiative for connection, mental health, violence prevention in Grande Prairie
- Working together to raise awareness about of Missing and Murdered Indigenous Women, Girls, and Two Spirit (MMIWG2S+) and support one another

AGENCY LISTINGS

Indigenous Health Program, Alberta Health Services

10320 99 St
780-513-7504

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=7805&serviceAtFacilityID=1082344#contentStart>

- Provides accessible, culturally appropriate health services for First Nations, Métis and Inuit people
- Connects Indigenous patients and their families to health services and programs

John Howard Society of Grande Prairie

10135 101 Ave
780-532-0373

<https://www.johnhowardgp.ca>

- N'Compass program for youth experiencing problems due to inappropriate anger and aggression
- Tabono Centre offers an alternative education option for youth that offers social and emotional learning, and opportunities for recreation, leadership, work and vocational skill-building

Kids Help Phone

1-800-668-6868

Text "HOME" to 686868

<https://kidshelpphone.ca/>

- Offers text, phone call, Facebook messenger, and live chat through their website to connect youth with a crisis responder or counsellor for any issues or concerns
- Offers information on emotional well-being, bullying, abuse, school and work, sex and relationships, friends and family, identity, and physical health

LGBT Youthline

647-694-4275

<https://www.youthline.ca>

- Offers confidential and non-judgemental peer support to LGBTQ2S+ individuals through phone call, text and online chat services

Mental Health Help Line, Alberta Health Services

1-877-303-2642

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

- 24/7 anonymous and confidential service that provides support, information and referrals to all Albertans experiencing mental health concerns

Mothers Against Drunk Driving (MADD) Grande Prairie

10501 124 Ave

1-800-665-6233 ext. 367

<https://maddchapters.ca/grandeprairie/services-programs/victim-services/>

- Supports and services for victims and survivors of impaired driving, and their families

Mountain Plains Community Services Society of the North

205, 10109 97 Ave

780-532-7170

<https://mpcssn.com/services/aurora-group-care/>

- Long- and short-term residential care for youth
- Support for youth including those with a mental health concern or experiencing a crisis or transition
- Referral required by Children's Services

Narcotics Anonymous (NA)

1-877-463-3537

<https://www.peaceareana.com>

- Narcotics Anonymous support groups for Grande Prairie, Fort St John, and surrounding Peace Area

National Eating Disorder Information Centre

1-866-633-4220

<https://nedic.ca/help-for-youth/>

- Offers support, strategies and online resources for individuals struggling with eating disorders, or who have concerns related to eating disorders
- Offers phone and online chat sessions to provide individuals, or their loved ones, with information and support
- Online outreach and education programs

AGENCY LISTINGS

Nisa Helpline

1-866-315-6472

<https://nisahelpline.com>

- Anonymous phone line for Muslim women that offers support, help and assistance related to a variety of concerns including domestic abuse, marital matters, mental health, self-esteem, addiction, sexuality and Islamophobia
- Options for faith-based counseling

Northern Addictions Centre, Alberta Health Services

11333 106 St

780-538-5210

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1060532&serviceAtFacilityID=1094004#contentStart>

- Addiction prevention services for individuals, groups, schools, communities, and workplaces
- Provides prevention and education services for alcohol, drugs, tobacco, and gambling concerns

Northreach

9613 98 St

780-538-3388

<https://northreach.ca/about-us/grande-prairie/>

- Addictions, housing, education, sexually transmitted infection prevention and testing
- LGBTQ+ youth drop-in and education programs

Odyssey House

780-532-2672

<https://www.odysseyhouse.ca>

- Support for women and their children experiencing domestic violence
- Offers trauma counselling, shelter, housing support and education support

Overeaters Anonymous

11333 106th St

780-538-4176

<https://oa.org/find-a-meeting/?type=0&country=Canada&sort=ASC&distance=25&lat=55.170712599999999&longit=-118.7884464&zip=grande%20prairie&limit=20&submit=true>

- A community of people who support each other in order to recover from compulsive eating and food behaviors

Pace Centre

(Community Support, Sexual Assault & Trauma Centre)

10031 103 Ave

780-539-6692

<https://www.pacecentre.com/programs/public-awareness-programs/>

- Support for those experiencing crisis, post-traumatic stress, sexual abuse, child abuse, domestic violence and suicide.
- Programs for family and youth support, public awareness, child abuse treatment, sexual violence treatment and support groups

PACT Team, RCMP Grande Prairie Detachment

10202 99 St

780-830-5700

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1057190&serviceAtFacilityID=1106061>

- Police and Crisis mental health response team
- A crisis response team that is comprised of an RCMP officer and Registered Psychiatric Nurse who are able to intervene, assess, and support people having a mental health crisis in the community

Peace Area Riding for the Disabled Society

710009 Range Rd 55

780-538-3211

<https://www.pards.ca/>

- Offers a range of equine therapy programs
- Offers youth Leadership and therapeutic programs

AGENCY LISTINGS

Peace Collaborative Services, Grande Prairie Public School Division

9351 116 Ave
780-539-0333 ext 1930
<https://www.gppsd.ab.ca/Program/pcs/Pages/default.aspx#/=>

- Provides assistance in the areas of psychology, occupational therapy, physical therapy, speech-language pathology, and programming for students who are deaf and hard of hearing and/or visually impaired.
- For the Grande Prairie Public School Division, Grande Prairie and Area Catholic School District and Peace Wapiti School Divisions, as well as Holy Family Catholic and Northern Gateway schools in Valleyview

Peace Country Sexual Assault Helpline

1-888-377-3223

- Crisis line for anyone who is currently, or has in the past, experienced sexual abuse and/or sexual assault

Peace Wapiti Public School Division

8611A 108 St
780-532-8133
https://www.pwpsd.ca/apps/pages/index.jsp?uREC_ID=1100516&type=d&pREC_ID=1372641#/=

- Indigenous Education Services
- Access to mental health therapists, psychologists, and wellness support personnel

Pregnancy Care Centre

PO Box 124, Stn Main
780-533-2888
<https://pccgp.ca/>

- Offers support for those experiencing unplanned pregnancy, post-abortion, sexual trauma and/or abuse, or is needing prenatal education

Protection of Children Abusing Drugs Program, Alberta Health Services

1-866-332-2322
<https://www.albertahealthservices.ca/amh/Page2547.aspx>

- Protection of Children Abusing Drugs Program for detoxification, stabilization, and assessment.
- Referral required

PurposeMed

<https://www.purposemed.com/for-patients>

- Free online doctor's clinic for anyone with Alberta healthcare
- Support for healthcare and mental healthcare

Queen Elizabeth II Hospital, Alberta Health Services

10409 98 St
780-830-2832
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=7805&serviceAtFacilityID=1094292#contentStart>

- Program partners with Indigenous peoples, communities, and key stakeholders to provide accessible, culturally appropriate health services for First Nations, Métis and Inuit people
- Offers a variety of services including the Indigenous Health Program, Social Work, Therapeutic Recreation Services, Psychiatric Nurses Team
- For patients in acute/continuing care or in the community with a medical reason

Resource Centre for Suicide Prevention

10014 99 St
780-933-6144
<https://www.sp-rc.ca/i-am-a-teen-13-17>

- Programs for youth who would like to gain valuable skills to help with things such as emotions, stress, self-esteem, and relationships

Solutions Psychological Services

8609 102 St
780-512-8812
<https://www.solutionspsychologicalservices.com/>

- Offers therapy, assessments, EMDR, and pet therapy

AGENCY LISTINGS

St. John Ambulance, Grande Prairie Training Centre

8815 109 St
780-532-1012
<http://www.sja.ca/>

- Offers a Therapy Dog Visitation program to assist in improving mental health and wellbeing

Sunrise House, Youth Emergency Shelter

9309 109 Ave
780-539-3287
<https://www.sunrisehouse.ca/>

- 24/7 youth shelter
- Offers family supports including guidance, problem-solving, meditation, emotional support, referrals
- Access to a youth navigator who can help arrange supports including housing, coping skills, life skills, and referrals to community resources

Text4Hope

Text 393939
<https://www.albertahealthservices.ca/topics/Page17019.aspx>

- Free service providing three months of daily Cognitive Behavioural Therapy based text messages written by mental health therapists
- Receive daily messages via text that help support and encourage healthy personal coping skills and resiliency
- Text COVID19HOPE to 393939 to subscribe to the daily message program
- Text Open2Change to 393939 to subscribe to the addiction program
- Text CancerCare to 393939 to subscribe to the cancer program

Togetherall, Alberta Health Services

<https://togetherall.com/en-ca/>

- Online platform that allows members access to resources and peer-support groups for anxiety, depression and other common mental health issues

Trans Lifeline

1-877-330-6366
<https://translifeline.org/hotline/>

- Anonymous peer support phone service run by trans and non-binary individuals to support and listen to peers who are questioning or have concerns about their gender identity or sexuality

Wellington Resource Centre, County of Grande Prairie

10407 97 St, Clairmont
780-567-2843
<https://www.countygp.ab.ca/en/living-in-our-community/wellington-resource-centre.aspx>

- Offers youth programs on a variety of topics including personal skills and self-esteem
- Provides resource information and referrals

Wellness Together Canada

<https://ca.portal.gs>

- Offers free mental health and substance use supports and resources, free text support and counselling to individuals who want to improve their mental wellness

Western Cree Tribunal Council

<https://www.westerncree.ca>

- Coordinates and delivers local services to nearby Indigenous communities including Duncan's First Nation, Horse Lake First Nation, and Sturgeon Lake Cree Nation
- Offers child, youth and family enhancement services.
- Services also include health, education, and skills and employment training.

YMCA of Northern Alberta

10006 101 Ave
780-357-7444
<https://northernalberta.ymca.ca/ymca-services/Community-and-Housing/Child-and-Family-Development/Family-Supports>

- Offers a Family Supports program; a voluntary, early intervention program that provides support to families with children 7-18 years old to strengthen family functioning
- Free family services including counseling, supports for parent-child interactions, in-home supports, education, personal and family advocacy, information and referral