

[Blank] - If You Need Help

211 Alberta

211 is a free, confidential service that provides information and referral to a wide range of community, social, health, and government services. Our certified community resource specialists are trained to help you navigate the complex network of social services. We can help you find: basic needs (food, clothing, shelter, and financial support), employment resources, parenting support, counselling/support groups, health care, legal services and more.

Phone, text, and chat service are available 24/7, in over 170 languages.

- Dial 211 for telephone service
- Text 211 and type INFO for texting service
- Click [here](#) to access the online chat
- Search for services online at ab.211.ca

A Safe Place

Emergency shelter for women and children to overcome domestic abuse. (Sherwood Park)

- <https://www.asafeplace.ca/>
- **Crisis Line:** 780-464-7233 Toll-Free: 1-877- 252-7233 (The Crisis line is available 24/7)
- When you are unable to safely use a phone, please email: helpline@asafeplace.ca

WIN House

A safe place for women, children and non-binary individuals to flee violence. (Edmonton)

- <https://www.winhouse.org/>
- **24/7 Helpline:** 780-479-0058
- General Email: info@winhouse.org

Canadian Mental Health Association (CMHA)

Canadian Mental Health Association Edmonton offers a variety of programs and services that assist individuals with reaching their short and long-term mental health goals.

- <https://edmonton.cmha.ca/>
- **Distress Line: 780-482-4357 (HELP)** - The Distress Line is available 24/7 for those in crisis or distress or those supporting someone who is. You might call if you're dealing with overwhelming emotional distress, need crisis intervention, or if you're in need of emergency response.
- **Online Crisis Chat:** <https://edmonton.cmha.ca/brochure/online-crisis-chat/>

Sexual Assault Centre of Edmonton

SACE support services are available to anyone impacted by sexual assault or abuse, even if it happened a long time ago.

- <https://www.sace.ca/>
- **SACE Support & Information Line: 780-423-4121** - Available every day from 9 am to 9 pm. This line is available for anyone who has experienced sexual assault or abuse, as well as to those who are supporting anyone impacted by it.
- For counselling or police and court support enquiries **email:** counselling@sace.ca

The Today Centre

- <https://www.thetodaycentre.ca/>
- We offer free, short-term support for adults targeted by family violence regardless of situation, gender, sexual orientation, ethnicity, culture or religion. Our Family Violence Specialists can help you through a variety of programs and services, all at no cost.
- **Email:** info@thetodaycentre.ca
- **Phone: 780.455.6880** - If you need to leave a message with us, please indicate if it is safe to leave a message back with you if we are unable to reach you.
- **Live Chat** (click "Chat Now" on the bottom left corner of any page) to speak with our Intake Specialist.

On Campus - Sexual Assault Centre

The University of Alberta Sexual Assault Centre has recently welcomed Kailey Peckford as the new Education Program Coordinator. Kailey, an experienced professional in sexual violence prevention, began her role on November 18, 2024. She brings a strong background in violence prevention and is eager to enhance the Centre's educational initiatives through collaboration and community engagement.

- The Sexual Assault Centre operating hours:
 - **In-Person Support:** Monday to Friday, 8:30 a.m. – 4:00 p.m.
 - **Virtual Support:** Available by appointment during the same hours.
- For assistance or to schedule an appointment, contact the Centre at 780-492-9771 or **email:** uasac@ualberta.ca