

# Community Resources

## **Distress Line Central Alberta**

**1-800-784-2433**

Distress line operated by Suicide Information & Education Services, a non-profit organization serving Red Deer and the communities of Central Alberta that offers information, education, and referral services. We provide age appropriate educational programs to children, youth and interested adult groups, as well as referrals and resources to those in need.

## **Red Deer 49 Street Community Health Centre: Mental Health Services**

**403-340-5466**

Provides services for people with mental health issues, including helping people access the best service for them as quickly as possible.

## **Canadian Mental Health Association - Red Deer**

[reddeer.cmha.ca/](http://reddeer.cmha.ca/)

**403-342-2266**

The Canadian Mental Health Association is a non-profit organization promoting community wellness and supporting people with mental illness, brain injury, and addictions. Based on community needs, staff and volunteers accomplish this through recovery focused support, education, and advocacy.

## **Alberta Mental Health Helpline**

**1-877-303-2642**

Provides confidential, anonymous service, crisis intervention, information about mental health programs and services, referrals to other agencies if needed

## **Central Alberta Sexual Assault Support Centre**

[www.casasc.ca/](http://www.casasc.ca/)

24 hour sexual assault crisis line: **1-866-956-1099**

Crisis counselling (short & long term), medical, police and court support. Services for individuals affected by sexual assault offered at no cost.

## **Family Violence Info Line**

**310-1818**

Call if you (or someone you know) are going through family violence or abuse if you have questions or want to find out about programs, resources, and services.

## **Addiction Services Helpline**

**1-866-332-2322**

Help for problems with gambling, alcohol, tobacco, and other drugs.

## **Bullying Helpline**

[www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)

**1-888-456-2323**

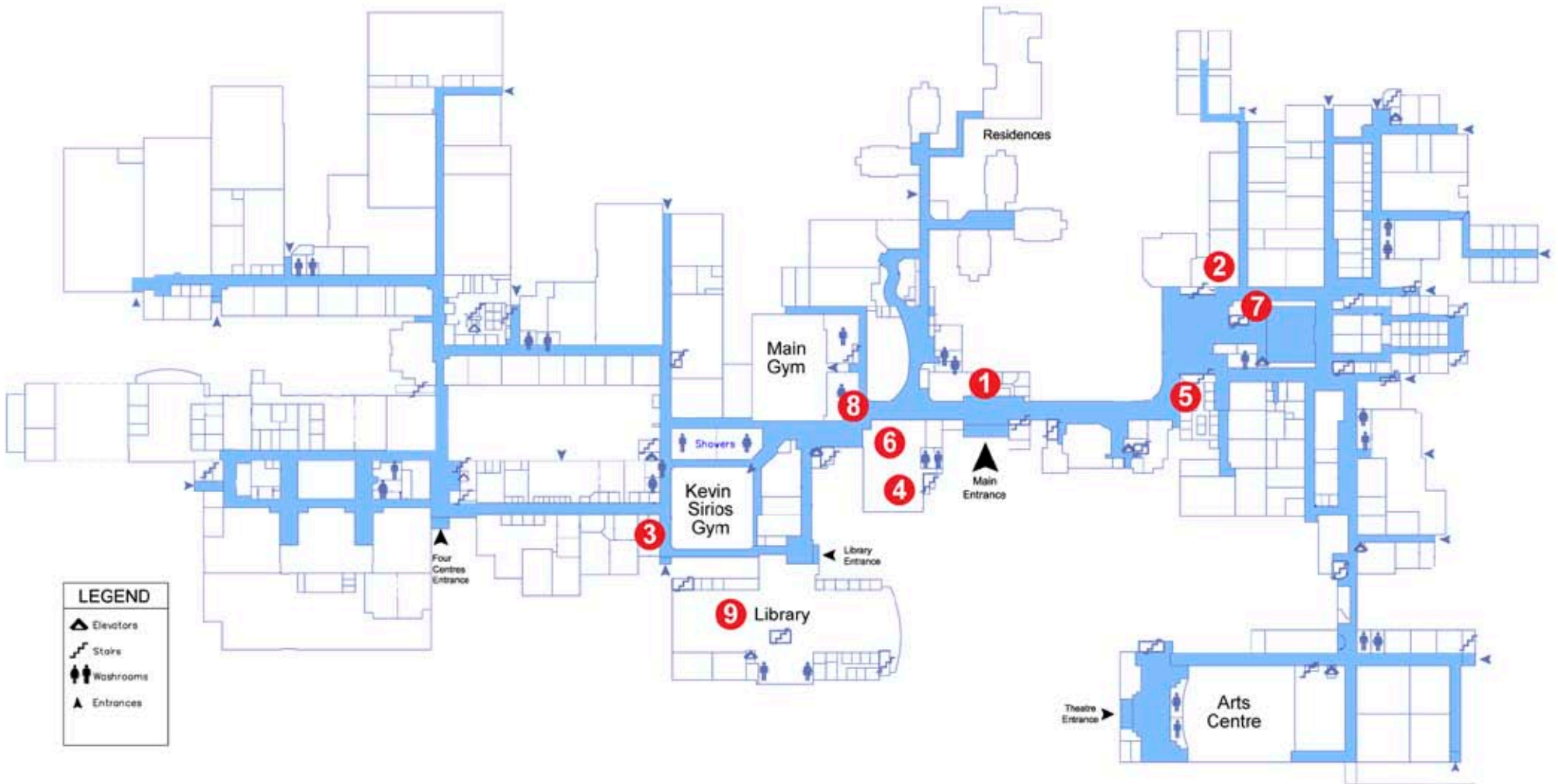
Advice or support on bullying. Helpline is available 24 hours a day.



# Mental Health Resources

**Brought to you by your Students' Association**

# Red Deer College Resources



- 1 Security/Welcome Centre**      403-343-4000
  - Emergency response
- 2 Counselling & Career Centre**      403-343-4064
  - Free counselling services available
- 3 Health, Safety & Wellness Centre**      403-342-3427
  - Registered nursing services, weekly physician clinics (doctor on campus), depression and alcohol screening, emergency care
- 4 Students' Association Office**      403-342-3200
  - Mental Health Initiative, Student Benefits Plan, Student Food Bank

- 5 Student Funding & Awards**      403-342-3254
  - Information on awards, scholarships, grants, bursaries and student loans. Access to the budgeting information and the Students' Association Student Food Bank
- 6 Far Side Bar & Grill**
  - A place to relax and refuel with food, conversation, music and games
- 7 Serenity Zone (Second Floor - Room 2400)**
  - A quiet, peaceful zone. Open during daytime hours; key available for sign out from Security for evenings or weekend use

- 8 Train Station**      403-342-3139
  - The Train Station offers cardio equipment, free weights and machines. Reduced rates for Red Deer College students
- 9 Learning Support at the Library**      403-357-3629
  - Services available include Learning Strategies, Peer Tutors, Writing Skills Centre, Math Learning Centre, and Disability Services