

IMPORTANT PHONE NUMBERS

ALL 24/7 SERVICES

Emergency Services (Police, Ambulance, Fire) – ☎ 911

Non-Emergent Services (welfare check, reporting a missing vehicle, etc.) – ☎ 403-266-1234

Health Link (free nurse advice & general health information) – ☎ 811

City of Calgary – ☎ 311

Distress Centre – ☎ 403-266-4357

Poison & Drug Information Service – ☎ 1-800-332-1414

Addiction Services Helpline – ☎ 1-866-332-2322

Bullying Helpline – ☎ 1-888-456-2323

Mental Health Helpline – ☎ 1-877-303-2642

Child Abuse Hotline (reporting) – ☎ 1-800-387-5437

Kids Help Phone – ☎ 1-800-668-6868

Family Violence Info Line (find out about programs, resources, etc.) – ☎ 310-1818

Elder Abuse Resource Line – ☎ 403-705-3250

Income Support Centre (basic need financial support) – ☎ 1-866-644-5135