

General Information – Provincial and National Resources		
Organization	Description	Website
AHS Disaster Resources	A variety of publications aimed at supporting people before, during and after a disaster.  Children, Youth, Adults and Seniors.	<a href="https://myhealth.alberta.ca/search/Pages/results.aspx?k=Disaster">https://myhealth.alberta.ca/search/Pages/results.aspx?k=Disaster</a>
Alberta.ca	<b>Helping wildfire evacuees replace their identification</b>  Evacuees of the Alberta wildfires can replace lost or left-behind Alberta driver's licences, birth certificates or ID cards free of charge until June 29, 2023	<a href="https://www.alberta.ca/get-id-card.aspx">https://www.alberta.ca/get-id-card.aspx</a>
Alberta Health Services- Help in Tough Times	Provides links to a variety of resources and services available within addiction, substance use and mental health.	<a href="https://www.albertahealthservices.ca/amh/page16759.aspx">https://www.albertahealthservices.ca/amh/page16759.aspx</a>
Alberta Health Services- Mental Health Help Line	Mental Health support	1-877-303-2642
811 Health Link	For health advice or information, call Health Link 24/7 by dialing 811 or visit <a href="https://myhealth.alberta.ca/">https://myhealth.alberta.ca/</a>	<a href="https://www.albertahealthservices.ca/info/Page12630.aspx">https://www.albertahealthservices.ca/info/Page12630.aspx</a>
Government of Canada - For First Nations, Inuit, and Metis Peoples	Hope for Wellness  The National Indian Residential School Crisis Line  Missing and Murdered Indigenous Women and Girls Crisis Link	<ul style="list-style-type: none"> <li>• Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat</li> <li>• Crisis support is available to former Indian Residential School students and their families 24 hours a day, 7 days a week at 1-866-925-4419 (toll-free).</li> <li>• Crisis support is available to individuals impacted by the issue of missing and murdered Indigenous women, girls, and 2SLGBTQQIA+ people 24 hours a day, 7 days a week at 1-844-413-6649 (toll-free).</li> </ul>

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Text4Hope	A free service providing three months of daily Cognitive Behavioural Therapy (CBT.) Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency. Text4Hope is available in multiple languages including Arabic, Chinese, French, and Punjabi.	<a href="http://www.albertahealthservices.ca/topics/Page17019.aspx">www.albertahealthservices.ca/topics/Page17019.aspx</a> If you previously signed up for Text4Hope, you can re-subscribe by texting "HopeAB" to 393939 <ul style="list-style-type: none"> <li>• Text <b>Open2Change</b> to <b>393939</b> to subscribe to the addiction program.</li> <li>• Text <b>CancerCare</b> to <b>393939</b> to subscribe to the cancer program.</li> <li>• First responder messaging services are available, visit: <a href="http://www.ualberta.ca/psychiatry/news-and-events/news/2021/07-july/text4well-being-and-text4pts-supporting-mental-health-and-wellness-of-first-responders-in-alberta.html">http://www.ualberta.ca/psychiatry/news-and-events/news/2021/07-july/text4well-being-and-text4pts-supporting-mental-health-and-wellness-of-first-responders-in-alberta.html</a></li> <li>• Text4Hope is also now available in Ukrainian and Russian, visit <a href="https://mentalhealthfoundation.ca/hope4ukraine/">https://mentalhealthfoundation.ca/hope4ukraine/</a></li> </ul>
211	211 is a helpline and website that provides information on and referrals to Alberta's community, social, health-related and government services.	<a href="http://www.ab.211.ca/">www.ab.211.ca/</a>

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Wellness Together Canada	Get connected to mental health and substance use support, resources, and counselling with a mental health professional	<a href="https://ca.portal.gs/?lang=en-ca">https://ca.portal.gs/?lang=en-ca</a> To connect with a mental health professional one-on-one: <ul style="list-style-type: none"> <li>• call 1-888-668-6810 or text WELLNESS to 686868 for youth</li> <li>• call 1-866-585-0445 or text WELLNESS to 741741 for adults</li> </ul> Access different levels of support, including: <ul style="list-style-type: none"> <li>• one-on-one counselling</li> <li>• credible articles and information</li> <li>• self-guided courses and programs</li> <li>• peer support and coaching</li> </ul>
Kids Help Phone	Youth can anonymously and confidentially talk to a trained counselor over the phone or through live chat.	<a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a> Ages Served: 5-29
Trans Lifeline	Provides safe, accepting trans peer support.	<a href="https://translifeline.org/">https://translifeline.org/</a> Canada (877) 330-6366
Alberta Council of Women's Shelters	Shelters serve women, children, and seniors fleeing violence.	<a href="https://acws.ca/shelters">https://acws.ca/shelters</a>
Alberta Health Services	Mental Health Resources	<a href="https://www.albertahealthservices.ca/info/Page8800.aspx">https://www.albertahealthservices.ca/info/Page8800.aspx</a>
Alberta Health Services	AHS Podcasts – Various Topics	<a href="https://soundcloud.com/ahs-communications">https://soundcloud.com/ahs-communications</a>
Centre for Addiction and Mental Health	Mental Health Resources	<a href="https://www.camh.ca/">https://www.camh.ca/</a>

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Canadian Centre on Substance Use and Addiction	Non-governmental organization to provide national leadership on substance use and to advance solutions to address alcohol- and other drug-related harms.	<a href="https://www.ccsa.ca/">https://www.ccsa.ca/</a>
Government of Alberta	Information to keep your family, your home and your community safe.	<a href="https://www.alberta.ca/emergencies-public-safety.aspx">https://www.alberta.ca/emergencies-public-safety.aspx</a>
Government of Alberta	Alberta Emergency Management Agency (AEMA) Get Prepared: 60 Second Emergency Tips	<a href="http://www.alberta.ca/raise-awareness-in-your-community.aspx">www.alberta.ca/raise-awareness-in-your-community.aspx</a>
Government of Canada-Nutrition North Canada	Helps make nutritious food and some essential items more affordable and more accessible.	<a href="http://www.nutritionnorthcanada.gc.ca/eng/1415385762263/1415385790537">www.nutritionnorthcanada.gc.ca/eng/1415385762263/1415385790537</a>
Homelessness Learning Hub	Training tools and resources designed and curated for frontline agencies, service providers and others working to prevent and end homelessness.	<a href="https://homelessnesslearninghub.ca/library/">https://homelessnesslearninghub.ca/library/</a>

<b>Self-Care</b>		
Organization	Description	Website
Alberta Health Services	Free health promotion resources	<a href="https://dol.datacm.com/">https://dol.datacm.com/</a> Login ID: mentalhealthresources Password: mh2016
Alberta Health Services	Mental Wellness Moment	<a href="http://www.albertahealthservices.ca/topics/Page17012.aspx">www.albertahealthservices.ca/topics/Page17012.aspx</a>
Mental Health Commission of Canada	Resources	<a href="https://mentalhealthcommission.ca/resources/">https://mentalhealthcommission.ca/resources/</a>

<b>Self-Care</b>		
Organization	Description	Website
AHS - Self-Care Toolkit	Personal and Organizational Self-Care Toolkit	Email: <a href="mailto:hp dip.mh.earlyid@ahs.ca">hp dip.mh.earlyid@ahs.ca</a> and specify if you prefer the personal or organizational package

<b>Community- Calgary</b>		
Organization	Description	Website
Calgary's Local Immigrant Partnership	Multilingual Resources	<a href="https://www.calgarylip.ca/">https://www.calgarylip.ca/</a>
The City of Calgary	Essential phone numbers for Seniors in Calgary	<a href="http://www.calgary.ca/_layouts/cocis/DirectDownload.aspx?target=http%3a%2f%2fwww.calgary.ca%2fCSPS%2fCNS%2fDocuments%2fseniors%2fage-friendly%2fEssential-numbers.pdf&amp;noredirect=1">www.calgary.ca/_layouts/cocis/DirectDownload.aspx?target=http%3a%2f%2fwww.calgary.ca%2fCSPS%2fCNS%2fDocuments%2fseniors%2fage-friendly%2fEssential-numbers.pdf&amp;noredirect=1</a>
The City of Calgary	Seniors supports in Calgary	<a href="http://www.calgary.ca/CSPS/CNS/Pages/Seniors/Seniors-Age-Friendly-Strategy.aspx">www.calgary.ca/CSPS/CNS/Pages/Seniors/Seniors-Age-Friendly-Strategy.aspx</a>

<b>Community- Edmonton</b>		
Organization	Description	Website
Distress Line (Edmonton and Northern Alberta)	A confidential, non-judgemental short-term crisis intervention, emotional support and resource for people in crisis or distress.	1-780-482-HELP (4357)
Elizabeth Fry Society of Northern Alberta	We advance the dignity and worth of all women and girls who are or may be at risk of becoming criminalized	<a href="http://www.efryedmonton.ab.ca">http://www.efryedmonton.ab.ca</a>
Habitat for Humanity Edmonton	To see a world where everyone has a safe and decent place to live	<a href="http://www.hfh.org/">www.hfh.org/</a>
iHuman Youth Society	iHuman Youth Society is a non-profit that believes all young people have gifts to share	<a href="https://ihuman.org/">https://ihuman.org/</a>
Kids Kottage	Kids Kottage is a crisis prevention and early intervention service that keeps infants and children safe, and families strong	<a href="http://www.kidskottage.org/">www.kidskottage.org/</a>

<b>Community- North Zone</b>		
Organization	Description	Website
Alberta Health Services	Access Addiction and Mental Health Central Intake	1-888-594-0211 Mon-Fri 8:30am – 4:30pm



Alberta Health Services Indigenous Support Line	This confidential telephone service helps First Nations (Status and Non-Status), Métis and Inuit peoples and their families navigate the healthcare system, by providing culturally safe supportive listening, connections to health resources, Indigenous cultural supports, and help with addiction / mental health concerns.	1-844-944-4744
Alberta Health Services – North Zone Addiction & Mental Health – Community Integration	Workshops and courses that explore a wide variety of information and skills and are designed to promote positive mental health. Some groups require pre-registration, others are drop-in Information Series	<a href="https://together4health.albertahealthservices.ca/nz-amh">https://together4health.albertahealthservices.ca/nz-amh</a>

### Community- Grande Prairie

Organization	Description	Website
Alberta Health Services- Crisis Response Team	Crisis Response support	Hours of Operation: 8:00 AM – 10:00 PM Location: Grande Prairie Regional Hospital
Alberta Health Services- Grande Prairie - Addiction & Mental Health Adult and Youth Intake (ICAT)	Intake a brief one on one session with a member of the Integrated Crisis and Access Team.	587-259-5513 <a href="http://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityId=1047873#contentStart">www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityId=1047873#contentStart</a>
City of Grande Prairie	Community Social Development	<a href="http://www.cityofgp.com/city-services/city-departments/community-social-development">www.cityofgp.com/city-services/city-departments/community-social-development</a>
FCSS – Family & Community Support Services	County of Grande Prairie	<a href="http://www.countygp.ab.ca/EN/main/departments/family-community-support.html">www.countygp.ab.ca/EN/main/departments/family-community-support.html</a>
GPREP – Grande Prairie Regional Emergency Response	Mental Health Crisis Resources	<a href="http://www.gprep.ca/covid19/mentalhealth/">www.gprep.ca/covid19/mentalhealth/</a>
Grande Prairie Centre for Newcomers	assist newcomers in settlement and integration in Grande Prairie and surrounding area.	<a href="http://www.gpcn.ca/">www.gpcn.ca/</a>
Seniors Outreach Program	Grande Prairie - Seniors Outreach Program	780-539-6255

### Community-Provincial

Organization	Description	Website
Family Resource Networks	Learn about Family Resource Networks services and supports for children and youth up to 18 years old.	<a href="https://www.alberta.ca/family-resource-networks.aspx">https://www.alberta.ca/family-resource-networks.aspx</a>

Canadian Network for the Health and Housing of People Experiencing Homelessness	Bringing a health-informed end to homelessness in Canada	<a href="http://cnh3.ca/resources/">http://cnh3.ca/resources/</a>
Jack.org	Training to empower young leaders and revolutionize mental health in every province and territory.	<a href="https://jack.org/Home">https://jack.org/Home</a> Questions email: <a href="mailto:hello@jack.org">hello@jack.org</a>
Healthy Aging CORE – Collaborative Online Resources & Education - Alberta	The knowledge hub connecting organizations that support and advance independent living for older Albertans.	<a href="https://corealberta.ca/">https://corealberta.ca/</a>
Tamarack Institute	Develops and supports collaborative strategies that engage citizens and institutions to solve major community issues across Canada and beyond	<a href="http://www.tamarackcommunity.ca/">www.tamarackcommunity.ca/</a>

### Community-Red Deer

Organization	Description	Website
Strengthening Positive Assets & Resiliency in Communities (SPARC)	Building Resilient Families	<a href="https://sparcreddeer.ca/">https://sparcreddeer.ca/</a>

### Accessing Financial

Organization	Description	Website
Centre for Public Legal Education Alberta	Help with Debt Alberta	<a href="http://www.cplea.ca/help-with-debt-alberta/">www.cplea.ca/help-with-debt-alberta/</a>
Food Banks Canada	Food support	<a href="https://foodbankscanada.ca/">https://foodbankscanada.ca/</a>

### Online Trainings

Organization	Description	Website
Alberta Health Services	Psychosocial Disaster Learning Series	AHS staff: <a href="#">MyLearningLink</a> External: <a href="http://www.albertahealthservices.ca/info/Page17072.aspx">www.albertahealthservices.ca/info/Page17072.aspx</a>
Alberta Health Services	Psychological First Aid Tips for Supporting Children, Youth, and Families Refresher	<a href="https://www.albertahealthservices.ca/info/Page17698.aspx">https://www.albertahealthservices.ca/info/Page17698.aspx</a>
Alberta Health Services	Trauma Informed Care (TIC) e-learning series	<a href="https://www.albertahealthservices.ca/info/page15526.aspx">https://www.albertahealthservices.ca/info/page15526.aspx</a>
Government of Alberta	Emergency management courses	<a href="http://www.alberta.ca/online-emergency-management-courses.aspx">www.alberta.ca/online-emergency-management-courses.aspx</a>
Ready Calgary	Ready Calgary Training	<a href="http://www.calgary.ca/CSPS/cema/Pages/READYCALGARY-Program-Overview.aspx?redirect=/readycalgary#">www.calgary.ca/CSPS/cema/Pages/READYCALGARY-Program-Overview.aspx?redirect=/readycalgary#</a>

<b>Online Trainings</b>		
Organization	Description	Website
The National Child Traumatic Stress Network	Psychological First Aid (PFA) and Skills for Psychological Recovery (SPR)	<a href="https://learn.nctsn.org/course/index.php?categoryid=11">https://learn.nctsn.org/course/index.php?categoryid=11</a>
Mental Health Commission of Canada	Several evidence-based mental health training programs that are founded on best practices, research, and methodologies.	<a href="https://mentalhealthcommission.ca/training/other-training/">https://mentalhealthcommission.ca/training/other-training/</a>

<b>Additional Resources</b>		
Organization	Description	Website
Alberta Health Services – South Health Campus	Connects patients, staff and community members to information, resources and programs that encourage informed decision making and active participation in health.	<a href="https://www.albertahealthservices.ca/shc/Page14846.aspx">https://www.albertahealthservices.ca/shc/Page14846.aspx</a> <a href="https://www.albertahealthservices.ca/assets/hospitals/shc/shc-wellness-centre-virtual-program-guide.pdf">https://www.albertahealthservices.ca/assets/hospitals/shc/shc-wellness-centre-virtual-program-guide.pdf</a>
World Health Organization	Variety of health topics, countries, emergencies	<a href="https://www.who.int/">https://www.who.int/</a>
IASC (Inter-Agency Standing Committee)	The IASC comes together to advance thought and practice on some of the most pressing issues in the humanitarian system.	<a href="https://interagencystandingcommittee.org/iasc-focus">https://interagencystandingcommittee.org/iasc-focus</a>

**Important Phone Numbers** (available 24 hours a day, 7 days a week)

- Hope for Wellness Help Line: [1-855-242-3310](tel:1-855-242-3310)
- Mental Health Help Line: [1-877-303-2642](tel:1-877-303-2642)
- Health Link: [811](tel:811)

If you have resources that you would like to share, please send them to: [hpdpip.mh.earlyid@ahs.ca](mailto:hpdpip.mh.earlyid@ahs.ca)



## **Emergency Benefits & Emergency Evacuation Payments- Gov't of AB Aboriginal Services**

### **On behalf of Gov't of AB Aboriginal Services**

#### **EMERGENCY EVACUATION PAYMENTS**

Alberta residents who had to leave their homes because of mandatory wildfire evacuation orders may be eligible for a one-time evacuation payment to help with accommodations, food and other necessities.

Eligible families will receive:

- \$1,250 for each adult
- \$500 for each dependent under the age of 18

#### **Eligibility**

You may qualify for the evacuation payment if you:

- had to leave your home for 7 days or more due to an evacuation order
- are 18 years or older (payments are also available for dependants)

#### **How to apply**

[Apply online](#) using your Alberta.ca account.

- Apply for yourself and your children or other dependents.

#### **Step 1. Create an Alberta.ca account if you don't have one**

- Create an [Alberta.ca account](#).
- You don't need a verified account to apply.

#### **Step 2. Apply**

- [Apply online](#) after you have been out of your home for 7 days or more due to an evacuation order using your Alberta.ca account.
- To receive money by e-transfer, you must start the verification process or have a verified account. You don't need to wait for your activation code in the mail before applying.
- If you cannot access the verified account process or receive an e-transfer, call [310-4455](#) 24 hours a day, 7 days a week, or contact the Alberta Supports Contact Centre at [1-877-644-9992](#) for assistance.

#### **How it works**

- Evacuees can apply for an evacuation payment only once during the same event.
- Applications will be open for 30 days after a specific community's evacuation order ends
- Payments will be sent to eligible recipients through e-transfer and can take up to 24 hours. Alternate payment arrangements may take longer.

#### **Get help**

If you have questions about your online application:

- Call [310-4455](#)
  - Available 24 hours a day, 7 days a week

Or contact Alberta Supports:

- Toll free: [1-877-644-9992](#)
  - Monday to Friday - 7:30 am to 8 pm
- In-person: Visit an [Alberta Supports Centre](#)

Last updated: May 9 at 11:30 am

## Emergency benefits

### How to apply

- Visit an [Alberta Supports Centre](#) or call the Income Support Contact Centre at [1-866-644-5135](tel:1-866-644-5135)

### Eligibility

- Evacuees who have a disability, medical condition or other family needs and are unable to stay in an evacuation centre can request [emergency financial assistance](#) to cover hotel accommodations.
- People normally covered by Indigenous Relations and Northern Affairs Canada may be issued benefits if these individuals are unable to access federal supports and services.
- Income Support clients who are evacuated will be issued an emergency core essential benefit.
- AISH clients who are evacuated will be issued AISH emergency food benefits.

### How it works

- Albertans in need of emergency financial benefits may qualify for assistance with:
  - Accommodation (actual cost)
  - Food
  - Clothing
  - Transportation - may be issued if an evacuee needs to get to evacuation site, family, another place of safety
  - Health benefits - prescriptions, medical supplies, optical, dental may be issued as needed
- Albertans who go to an Alberta Supports Centre or call the Income Support Contact Centre will be asked to connect with their local reception centre to register and access services.
- Staff may authorize a hotel if the reception centre does not provide temporary housing or if you cannot stay at the reception centre due to medical issues, family composition, or disability.
  - Staff working at a reception centre would facilitate hotel stays through the Income Support Contact Centre.

## Wendy Goulet

(Pronouns: She/Her/Hers)

Administrative Assistant, Aboriginal Services

Seniors, Community and Social Services



780-624-6273 work

780-219-8047 work cell

[Wendy.Goulet@gov.ab.ca](mailto:Wendy.Goulet@gov.ab.ca)

Bag 900-15, 9621-96 avenue, Peace River, AB T8S 1T4

*I acknowledge the homeland of the many diverse First Nations, Inuit and Metis people whose ancestors have walked this land since time immemorial. I am grateful to work, live and learn on the traditional territory of Treaty 8.*