

BOW VALLEY RESOURCE LIST

CRISIS

Emergency – Police/Ambulance/Fire.....911
Distress Line – 24 Hour.....1-888-787-2880
CCASA (Sexual Assault) 24 Hour.....403-237-5888
Child Abuse Hotline – 24 Hour.....1-800-387-5437
Banff Urgent Mental health (walk-in counselling) at Banff
Hospital 305 Lynx St. 2:00-9:00pm daily
Canmore Urgent mental Health (walk-in counselling) at
Canmore Hospital 1100 Hospital Pl. 2:00-9:00pm daily

COUNSELLING

Mental Health Clinic Banff.....403-762-2990
Mental Health Clinic Canmore.....403-678-4696
Lake Louise Medical Clinic.....403-522-2184
YWCA Community Resource Centre.....403-760-3200

ADDICTIONS

Alberta Health Services, Addiction & Mental Health
.....403-678-3133
Help Line Calgary – 24 Hour.....1-866-332-2322
Renfrew Recovery Centre – 24 Hour.....403-297-3337

HEALTH & WELLNESS

Bow Valley Primary Care Network.....403-985-7670
Banff Public Health.....403-762-2990
Canmore Public Health.....403-678-5656
Lake Louise Medical Clinic.....403-522-2184
Banff Mineral Springs Hospital.....403-762-2222
Canmore General Hospital.....403-678-5536
Health Link (Health Questions).....811
MISS (Mental Illness Stigma Support).....647-457-2625

MISS is a Bow Valley Program

FOOD & CLOTHING

Banff Food Bank.....403-762-0160
Bow Valley Food Bank.....403-678-9488
Victory Thrift Store Canmore.....403-678-9801

SHELTER & EMPLOYMENT

YWCA Hostel.....403-762-3560
Hosteling International.....403-762-4122
Bow Valley Regional Housing.....403-678-5922
Job Resource Centre Banff.....403-762-3311
Job Resource Centre Canmore.....403-678-6601
Settlement Services in the Bow Valley.....403-762-1248
Temporary Foreign Worker Support Services in the Bow
Valley.....403-762-1144
Alberta Employment & Immigration.....403-678-2363
24 Hour Line.....1-866-644-5135

SUPPORT SERVICES

Banff Family & Community support Services (FCSS) Info &
Outreach.....403-762-1251
FCCS Canmore.....403-609-3743
Bow Valley Victim Services.....403-760-0197
Bow Valley Parent Link (0-6 yrs).....403-678-2529
Calgary & Area Child & Family Services.....403-297-2995
Canadian Red Cross – Red Cross Recovery Assistance Line
.....1-866-696-6484 / redcross.ca

LEGAL

Legal Aid.....403-297-2260
Student Legal Assistance.....403-220-6637
Calgary Legal Assistance.....403-234-9266

BOW VALLEY 24 HOUR SERVICES

Emergency – Police/Ambulance/Fire.....911

Distress Line of SW Alberta.....1-888-787-2880

*Confidential support of individuals needing emotional or
mental support or links to community resources*

YWCA Banff.....403-760-3200

*24 Hour Access through Front Desk
Assistance for women and families experiencing violence
including Crisis Counselling, Support and Referral.
Facilitated access to women's shelter*

Alberta Health Services – Addiction & Mental Health

.....1-866-332-2322

*Alcohol, other drugs, tobacco and problem gambling,
information, support and referral*

CCASA (Sexual Assault).....1-877-237-5888

*Support and information available to anyone who is
dealing with or has been affected by any form of sexual
violence*

Child Abuse Hotline.....1-800-387-5437

*Emergency line for children at risk of physical or mental
abuse and neglect*

Bow Valley Victim Services.....403-760-0197

*Provides support, information and referrals to those
affected by crime, tragedy and/or misfortune*

24 Hour Family Violence Helpline.....1-866-606-7233

*Professionally trained counsellors are to provide
counselling, safety planning, information and support to
callers*

Health Link Alberta.....811

*Provides health advice and information by experienced
registered nurses and other health-care professionals*

BOW VALLEY EVENING SERVICES

Alberta Employment & Immigration – 800 Railway Ave
1-866-644-5135 – 4:30pm – 8:30am – 7 Days/Week
Child Maintenance, SFI – Support of Individuals

Urgent Mental Health

Banff Mineral Springs Hospital – 305 Lynx Street
Canmore General Hospital – 1100 Hospital Place
2:00pm – 9:00pm – 7 Days/Week
*Walk-in counselling (after 9pm go to ER), an entry point
for the full range of social/mental health services*