



Strathcona High School

Strathcona Personal Issues Assistance Guide

There are many ways to access assistance for various needs or issues that may arise in a teenager's life. Once you find yourself feeling frustrated at home and you have explored the resources within your child's school; talking to teachers, administrators and counsellors there may be a need to investigate further resources.

Following are some suggestions of how to go about finding the resource that could work for you. There are times when a situation may require psychological or counselling help. We do not provide specific names but hopefully the following ideas will give you a starting point:

1. The yellow pages under "Counselling Services" and "Psychologists" have a list of many qualified people, or call 780-242-0294.
2. Make an appointment with your family doctor for a full medical and a referral to a psychologist or psychiatrist.
3. Check for counselling coverage through your work.
4. Ask around-a lot of good recommendations can come from the people we know.

There are also some websites that you can take a look at for more services:

- www.thesupportnetwork.com
- www.youthone.com
- www.kidshelpphone.ca
- www.zoot2.com
- www.cmha-edmonton.ab.ca

Keep searching and asking questions. Be patient, as the process can be frustrating but well worth it in the end.

Emergency Numbers:

Bullying Helpline.....	1-888-456-2323
Child Abuse Hot Line	1-800-387-5347
Child Welfare Intake	780-422-2001
Children & Youth Services.....	780-427-2250
Distress/Suicide Line	780-482-4357
Emergency Social Services	780-427-3390
Family Violence.....	310-1818
Kids Help Line	1-800-668-6868
Police & Ambulance & Fire	911
Support Network Distress Line	780-482-4357
Teens Helping Teens	1-800-852-TEEN (8336)

Emergency Shelters Specific to Family Violence:

A Safe Place (Strathcona)	780-464-7233
LURANA Shelter	780-424-5875
WIN House	780-479-0058
Youth Emergency Shelter	780-468-7070

Capital Health Community Mental Health Clinics:

Canadian Mental Health Association (CMHA)	780-414-6300
Catholic Social Services	780-432-1137
Child & Adolescent Serv Assoc. (CASA)..	780-438-0011 780-342-2701 4 ^{1/2} -18 yrs
Eating Disorder Education Organization (EDEO).....	780-944-2864
Psychologists' Association of Alberta Referral Line	780-424-0294
Schizophrenia Society Support Centre	780-452-4661
The Support Network Community Services Referral Line.....	211
University of Alberta Hospital Psychiatric Treatment Clinic	407-6501

Information/Self-Help Support Groups:

Depression, Bipolar, Anxiety and Stress Support Groups	1-866-263-7408
Let's Face It Self-Help Group (Panic and Anxiety)	780-468-7074
Panic and Anxiety Support Group	780-435-1429
Schizophrenia Family Support Group.....	452-4661
University of Alberta Hospital, Family Support Group	780-407-7664

Emergency Services:

AHS Addition & Mental Health.....	780-422-2831
Alberta health Services.....	1-866-408-5465
Alberta Mental Health Self-Help Network	780-452-1930
Canadian Mental Health Association (CMHA)	780-414-6300
Capital Health Link	780-408-LINK (5465)
Children's Mental Health Crisis Line.....	780-427-4491
Mental Health Help Line	1-877-303-2642
Mental Health Help Line	1-877-303-2642
The Support Network Distress Line Edm Community Connection.....	211
University of Alberta Student Distress Line	780-492-HELP (4357)