

Community Resources for International Students in **Edmonton**

Health and Mental Health Services

- [Health Link Alberta:](#) is part of Alberta Health Services. If you have a health concern or you're not sure where to go for help, this is a good place to start. Speak to a nurse on this free, round-the-clock, telephone advice and health information service that can also connect you to care options: To contact Health Link 24/7: Dial **811**.
- [City of Edmonton Counselling Services:](#) provides counselling and drop-in support groups to help with relationships, parenting challenges, abuse or violence in the family. They also offer referral services for financial resources, housing options, recreation opportunities, and other community resources. **(780) 496-4777**
- [Sexual Assault Centre of Edmonton \(SACE\):](#) provides Individual and group counselling for people who have been affected by sexual violence. Counselling is provided by professionals who have completed, or are enrolled in, recognized counselling degree programs **(780) 423-4121**
- [211 Information and Referral Line:](#) A helpline and online database of Alberta's community and social services. Dial **211**
- [Find a Doctor](#) This Alberta service connects patients to multiple health care professionals and may be able to help you find a family physician.

Services to Newcomers and International Students in Edmonton

- [EPL for Newcomers Edmonton](#) Public Library Settlement Services offers settlement services in many languages to newcomers to Canada in various library locations. Services include information and resources on settlement and immigration, access to programs and services, and supportive counselling.
- [Catholic Social Services](#) provides settlement services to help immigrants and refugees settle and integrate into their communities. Services include information and referrals, interpretation and translation, and supportive counselling.
- [Edmonton Mennonite Centre for Newcomers](#) offers multiple programs to enhance newcomers' resilience and ability to function in their new environment. Services include therapeutic and counselling services with a holistic and community-oriented approach and connecting newcomers to social workers.

- [ASSIST Community Services](#) offers full-time, part-time, in-person, and virtual Language Instruction for Newcomers to Canada (LINC) classes to adult immigrants and refugees. They provide free services to newcomers to facilitate settlement and integration in Canada. Services include interpretation and translation, form filling and income tax assistance.
- [Edmonton Immigrant Services Association](#) provides assistance with ESL classes, translation and interpretation services, and numerous programs to build community and network with others.

Food Bank

- [Edmonton Food Bank](#): provides food and services to empower individuals struggling with food security and hunger. They offer free community meals and an opportunity to purchase food at an affordable price. To speak confidentially with a client services worker, call **(780) 425-4190**. There are pick-up locations throughout the city where you can arrange to collect your hamper by appointment.
-

2SLGBTQ+ Resources

- [PFLAG Canada](#)
- [Pride Centre of Edmonton](#)

Legal Aid

- [Edmonton Community Legal Centre](#)
- [Legal Aid Alberta](#)
- [Community Legal Clinic](#)

Important Phone Numbers available 24/7

211 - Has the full resource Listings. If you see someone in distress, you can help before emergency services are needed by calling **211** and pressing **3**

The Support Network Crisis Line	1 (800) 232-7288 OR 780) 482-HELP (4357)
Mental Health Helpline	1 (877) 303-2642
Addictions Helpline	1 (866) 332-2322
Adult Mental Health Crisis Response Team (PACT)	(780) 342-7777

Sexual Assault Crisis Line	(780) 423-4121
To locate a shelter	1 (866) 331-3933
Child Abuse Hotline	1 (800) 387-KIDS (5437)
Family Violence Info Line (24/7) http://www.alberta.ca/endfamilyviolence	Text: 310-1818 Tollfree: (780) 310-1818
EPS Victim Services	(780) 421-2217
Bullying Helpline (24/7)	1 (888) 456-2323
Suicide & Crisis Lifeline	988

Community Resources for International Students in **Calgary**

Health and Mental Health Services

- [Health Link Alberta](#) is part of Alberta Health Services. If you have a health concern or you're not sure where to go for help, this is a good place to start. Speak to a nurse on this free, round-the-clock, telephone advice and health information service that can also connect you to care options: To contact Health Link 24/7: Dial **811**.
- [Access Mental Health](#): part of Alberta Health Services, Access Mental Health provides information, consultation and referral to individuals residing in Calgary who have addiction and/or mental health concerns. Clinicians work over the telephone to help people navigate the addiction and mental health system. They are familiar with both Alberta Health Services and community-based programs and will explore options and direct/refer clients to the most appropriate resource to meet their needs. Access Mental Health is a non-urgent service. Call **(403) 943-1500**
- [211 Information and Referral Line](#): A helpline and online database of Alberta's community and social services. Dial **211**
- [Calgary Communities Against Sexual Abuse \(CCASA\)](#): The primary sexual harassment, sexual abuse and sexual assault crisis, counselling and education service provider for Calgary and the surrounding areas. Offers individual specialized counselling for survivors of sexual abuse and sexual assault. CCASA provides crisis intervention and short-term counselling for survivors of sexual violence, their friends, and loved ones. Call **(403) 237-6905**.
- [Calgary Immigrant Women's Association](#) is a professional, culturally-sensitive counselling service for immigrant women and their families who are experiencing transition challenges, relationship problems, abuse and trauma. Call **(403) 263-4414**
- [Find a Doctor](#) connects patients to multiple health care professionals and may be able to help you find a family physician.

Services to Newcomers and International Students

- [ASSIST](#) offers full-time, part-time, in-person, and virtual Language Instruction for Newcomers to Canada (LINC) classes to adult immigrants and refugees. They provide free services to newcomers to facilitate settlement and integration in Canada. Services include interpretation and translation, form filling and income tax assistance.
- [Calgary Catholic Immigration Society](#) offers settlement and integration services to all immigrants and refugees in Southern Alberta. Services include translation and interpretation, computer training, and services for children and families.

- [Centre for Newcomers Calgary](#) offers settlement services, job and career guidance, services for children and families, and language instruction.
- [Immigrant services Calgary](#) offers citizenship classes, English testing, job support, translation services and support for transitioning to life in Calgary.

2SLGBTQ+ Resources

- [PFLAG Canada](#)
- [Pride Centre of Calgary](#)

Legal Aid

- [Calgary Legal Guidance Services](#)
- [Legal Aid Alberta](#)

Food Bank

- [Calgary Food Bank](#): Providing food support for families and individuals facing crisis. The food bank is the city's main charitable food hub and the most accessible food bank and serves individuals, families, and organizations. As well as the main food bank in SE Calgary, there are pick up locations throughout the city. Pick-up of hampers is by appointment.

Important Phone Numbers available 24/7

211 - Has the full resource listings. If you see someone in distress, you can help before emergency services are needed by calling **211** and pressing **3**

Addictions Helpline	1 (866) 332-2322
Mental Health Helpline	1 (877) 303-2642
Calgary Communities Against Sexual Abuse (CCASA):	1 (877) 237-5888 OR 403) 237-5888
Distress Centre Calgary:	1 (800) 232-7288 OR (403) 266 HELP (4357)
Fear Is Not Love 24-Hour Family Violence Helpline Emergency shelter	(403) 234-7233 (SAFE) Toll-free 1 866 606 7233
Child Abuse Hotline	1 (800) 387-KIDS (5437)
Bullying Helpline	1 (888) 456-2323

