



## Supports in the Community

Check out the City of St. Albert Webpage for some excellent resources.

<https://stalbert.ca/city/csd/programs-services/>

### The Community Intake Counsellor

- Provides referrals to access mental health and addiction support when needed.
- Provides referrals to address funding, housing, legal issues, and cultural needs.
- Bus tickets

**Community Intake Counsellor**  
Community & Social Development

Phone: 780-418-6000

Email: [fcss@stalbert.ca](mailto:fcss@stalbert.ca)

### Sometimes Life is Hard

However, help is available 24 hours a day when you need someone to talk to:

**Distress Line:** 780-482-HELP (4357)

**Family Violence Help Line:** 310-1818

**Kids Help Phone:** 1-800-668-6868

**Addictions Help Line:** 1-866-332-2322

**To text with a trained Crisis Responder:** Text HOME to 686868

**If you are in immediate danger call:** 9-1-1

### Food Bank – Community Center

#### Vivian

Community Liaison Social Worker

[sacv@telus.net](mailto:sacv@telus.net)

(780) 459-0599 ext. 3

**Bellerose students, do you need to speak with a school counsellor? Book a time for a phone meeting online.**

**Mrs Lajoie**  
Counsellor A-K

[calendly.com/kelly-lajoie](https://calendly.com/kelly-lajoie)  
[calendly.com/jeff-beaton](https://calendly.com/jeff-beaton)

**Mr. Beaton**  
Counsellor L-Z