

MENTAL HEALTH RESOURCES CHEAT SHEET

A LETHBRIDGE SCHOOL DIVISION STAFF GUIDE



ALBERTA ADDICTION AND MENTAL HEALTH – CHILDREN SERVICES

Contact Information: 403-381-5278, Address: Suite 120 A - 200 4 Ave South
Provides care to children who have mental health concerns that affect how they function at home, in school, or in the community. Phone to schedule an appointment for intake

***note: This service is only for mental health related concerns (e.g., anxiety, depression, self-regulation, etc). This is not for trauma-related concerns.**

FAMILY CENTER

Downtown Location: 403-320-4232, Address: 225 - 200 4 Ave South,
Westside Location: 403-359-8092 Address: 249 Coalbanks Blvd West
Website: www.famcentre.ca

Works to strengthen capacities and encourage the best possible development of families in Southwestern Alberta. Programs offered by Family Centre are: Information and referrals, Early Literacy, learning and care, parent education, family support counselling services and developmental screening.



LETHBRIDGE FAMILY SERVICES

Contact Information: 403-327-5724, Address: 1098 3 Avenue North
Website: www.lfsfamily.ca

Individual counselling, couples counselling, family counselling, group counselling, educational presentations, trauma, training/workshops, personal growth groups and outreach. Sliding scale for services may be available for families who qualify.

***note: LFS specializes in trauma counselling and grief and loss supports.**



CHINOOK SEXUAL ASSAULT CENTER

Contact information: 403-694-1094, Toll Free: 1 (844) 576-2512, Address: 502 - 740 4 Ave S, Website: csacleth.ca

Offers counselling, crisis support, court support, advocacy, education & resources. to people impacted by sexual violence. All genders and all ages in Lethbridge Alberta



FAMILY SUPPORTS FOR CHILDREN WITH DISABILITIES (FSCD)

Address: 200 4th Ave South (Melcor Mall), Phone Number: 403-381-5777, Fax Number: 403-381-5873, Website: www.humanservices.alberta.ca/disability-services/14855.html

FSCD works with eligible families to provide support and services based on each child and families need. Child must have or be in the process of receiving a medical diagnosis FSCD funds programs such a community aide, behaviour support programs, respite service, domestic support, work- related care and summer programs for children with special needs. Application should accompany a diagnosis letter from a doctor.



FAMILY DOCTOR

Chinook Primary Care network website will provide a list of local doctors, clinics for your specific needs. Find this information at:
www.chinookprimarycarenetwork.ab.ca/

