



**IN A CRISIS:
CANADA-WIDE**
[November 2018]



If you require emergency assistance dial 911.

Lost Passport:

Across Canada:

Embassy of Ireland Ottawa (613) 233-6281

[Link to website](#)

In Toronto:

I/CAN: 416-603-9549

Mental Health Distress Lines:

Toronto: 416-408-4357

Vancouver: 604-872-3311

Calgary: 403-266-4357 or 403-266-0700

Edmonton: 1-877-303-2642 or 780-482-4357

Fort McMurray: 780-743-1190

Regina: 306-525-5333

Saskatoon: 306- 933-6200

Winnipeg: 204-786-8686 or 1-877-435-7170

Ottawa: 613-238-3311

Montreal: 514-723-4000 or 1-866-277-3553

New Brunswick: 1-800-667-5005

Halifax: 902-429-8167

St. John's: 1-888-737- 4668 or 709-737-4668

Halifax: 902-429-8167

St. John's: 1-888-737-4668 or 709-737-4668

Financial:

Food Banks:

Toronto:

Daily Bread Food Bank 416-203-0050

The Stop - Community Food Centre 416-652-7867

Vancouver:

Greater Vancouver Food Bank Society (604) 876-3601

Calgary:

Calgary Food Bank (403) 253-2059

Edmonton:

Edmonton Food Bank (780) 425-2133

Fort Mc Murray:

Fort McMurray Food Bank 780-743-1125

Regina:

Regina Food Bank (306) 791-6533

Saskatoon:

Saskatoon Food Bank and Learning Centre (306) 664-6565

Winnipeg:

Marymount Food Bank 204-338-7971

Community Concern Food Bank 204-783-4456

Ottawa:

Ottawa Food Bank (613) 745-7001

Montreal:

Moisson Montréal 514 344-4494

Halifax:

Feed Nova Scotia 902-457-1900

Immigrant Settlement and Integration Services 1-866-431-6472

Saint John NB:

Saint John East Food Bank 506-633-8298

St. John's N L:

Community Food Sharing Association (709) 722-0130

St. Vincent de Paul:

Toronto:

(416) 698-0044

Vancouver: (604)

873-1065

Edmonton: (780)

471-5577

Calgary:

(403) 667-6176

Lethbridge: (403)

328-5493

Regina:

(306) 543-3203

Saskatoon: (306)

242-1500

Winnipeg:

(204) 949-3766

Ottawa:

(613) 722-7166

Montreal:

514-526-5937

St. John NB:

506-634-3097

Halifax:

(902) 422-2049

S t. J ohn's:

(709) 364-4116

In Case of Arrest:

If you are arrested, you may ask the Canadian authorities to inform the Embassy of Ireland in Ottawa of your arrest: 1 613 233 6281.

The Embassy can:

- Visit you or arrange for you to be visited by an Embassy official
- If necessary, provide you with a list of local lawyers
- Advise you about the prison system and about your entitlement to visits, mail and other facilities
- Bring details of any medical condition you may have to the attention of prison officials
- Pursue with the prison authorities on your behalf any complaints about ill-treatment or discrimination
- Pass messages to and from your family

However, the Embassy cannot:

- Secure better treatment for Irish citizens than local or other nationals receive
- Give or pay for legal advice
- Interfere with or influence the proper operation and application of the local judicial system
- Provide any financial assistance while you are in prison
- Pay bail bonds or fines

Drug and Alcohol Counselling:

Toronto:

Toronto Drug Rehab Centre (877) 816-1631
CAMH- Centre for Addiction and Mental Health 416-535-8501

Vancouver:

Alcohol & Drug Information & Referral Service 1-800-663-1441
Mental Health Emergency Services 604.874.7307
Alcohol and Drug Helpline 1-800-663-1441

For McMurray:

Drug Rehab Services 587-400-5012
Addiction Services- Adult Counselling 403-652-8340

Calgary:

Calgary Addiction Services 1-866-332-2322
Alberta Health Services 1-866-408-5465

Edmonton:

Alberta Health Services 1-866-408-5465
Stop your addiction 1-855-215-1080
Depression Help Edmonton 1 (888) 672 0454

Regina:

Addiction Treatment Centre (306) 766-6600
Addiction Enders 1-800-419-7941
Health Line 811

Winnipeg:

Klinik Crisis Line 1-888-322-3019
Drug Rehab Services 1-877-254-3348

Ottawa:

Mental Health Crisis Helpline 1-877-377-7775
Sobriety Home (Alcohol and Drug Addiction) 1-877-777-4386

Montreal:

1-800-419-7941

Saint John NB:

Alcoholism and Drug addiction Centres (506) 674-4300
Canada Rehab 1-800-419-7941

Halifax:

Drug Rehab Services 1-877-254-3348
Immigrant Settlement and Integration Services 1-866-431-6472

S t. John's NF LD:

Canadian Mental Health Association (709) 753-8550
Alcohol Addiction (877) 816-1631

For Families:

Kids Help Phone 1-800-668-6868

Assaulted Women's Helpline 1-866-863-0511

Women's Shelters:

Toronto:

Interval House
Crisis phone 416-924-1491

Nellie's

Crisis phone: 416-461-1084

Vancouver:

Vancouver Rape Relief and Women's Shelter

You can call us at 604.872.8212, or TDD# 604.877.0958 and our receptionist will be happy to direct your call to a collective member who can help you.

Powell Place Emergency Shelter for Women

24 hour line: 604-606-0403

Edmonton:

Edmonton Women's Shelter Ltd (WIN House)

(780) 471-6709


Lurana Women's Shelter

24-hour Crisis Line: (780) 424-5875

Calgary:

Hope Mission Calgary (403) 474-3237

Calgary Women's Emergency Shelter

For help, call our free 24 Hour Family Violence Helpline at 403-234-7233 (SAFE) to speak with a counsellor and access the Emergency Shelter or other appropriate services. 

YWCA Sheriff King Home

Shelter Information Line: 403.266.4111

24-Hour Crisis Line: 403.266.0707

Saskatoon

Saskatoon Interval House

Phone: 306-244-0185

YWCA Crisis Shelter

Phone: (306) 244-0944

Regina:

YWCA Regina

1940 McIntyre Street

306-525-2141

Sofia House

Regina Transition House

24-Hour Emergency Line: 306-569-2292

Manitoba: Osborne
House Phone 204
942-7373

Alpha House
Phone: (204)-982-2011

Ottawa:
Harmony House
613-233-3386

Nelson House
Crisis Line: 613-225-3129

Corners Stone Housing for Women
613-237-4669

Montreal:
Assistance Aux Femmes Montreal
514-270-8291

Chez Doris
T: 514.937.2341

Fredericton:
Women in Transition House
Crisis Phone: 506-459-2300

Halifax:
Bryony House
902.422.7650

Barry House
Phone: 902-422-8324

St. John's:
Iris Kirby House
Iris Kirby Crisis Line: (709) 753-1492

St. John's Status of Women Council and Women's Centre
Tel: (709) 753-0220

Family Services

Toronto:
Family Service Toronto- Counselling Services 416-595-9618

Vancouver:

Family Services of Greater Vancouver
<http://www.fsgv.ca/>

Calgary:

Child and Family Services 403.269.9888

Edmonton:

Crisis Unit - 1-800-387-5437
Alberta Supports Call Centre 1-877-644-9992

Fort Mc Murray:

Fort Mc Murray Family Crisis Society 780-743-1190

Saskatoon:

Family Service Saskatoon 306-244-0127

Regina:

Family Service Regina: (306) 757-6675

Winnipeg:

Winnipeg Child and Family Services: (204) 944-4200

Ottawa:

Family Services Ottawa (613) 725-3601

Montreal:

<http://www.gouv.qc.ca/portail/quebec/pgs/citoyens/servicesenligne/sujet/family/?lang=en>

New Brunswick: Social Development

http://www2.gnb.ca/content/gnb/en/departments/social_development.html

Halifax:

Family Services Association (902) 420-1980

S t. John's:

Child, Youth and Family Services 1-709-729-076