

In a Crisis: Canada-Wide



If you require emergency assistance dial 911.

Lost Passport:

- Across Canada:
Embassy of Ireland Ottawa
(613) 233-6281
<http://www.embassyofireland.ca/home/index.aspx?id=34246>
- 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

Financial:

Food Banks:

- Toronto:
Dairy 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 NL:
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
- St. John'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

- **St. John's NFLD:**
 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

St. John's:

Child, Youth and Family Services 1-709-729-0760

