

Important Numbers in Grande Prairie

[Addiction Helpline](#) – 1-866-332-2322

Community Resources – [211 Alberta](#)

Crisis Text Line - Text CONNECT to 741741

[Family Violence – Find Supports](#) – 310-1818

[Income Supports](#) – 1-866-644-5135

[Kids Help Phone](#) – 1-800-668-6868 or text CONNECT to 686868

[Mental Health Helpline](#) – 1-877-303-2642

Free Counselling & Referral

Integrated Crisis Access Team (AHS) Walk-In

9728-101 ave Grande Prairie

Walk-in Counselling 1:00-4:00 Mon-Fri

587-259-5513

Sliding Scale Based on Ability to Pay

Burden Bearers – 780-539-5225

Catholic Family Services- 780-532-9381

Private Practice Therapists

If you have insurance coverage, see what your plan covers: psychology, clinical social work and/or other designations of therapists. How many sessions or dollar amount are covered? Look through the internet under Therapists Grande Prairie. There are lots of options so make a list of about five that seem like a good fit and contact them for availability, cost per hour, etc.

Reach out! We are not designed to bear our burdens alone, but to bear one another's.

1 Corinthians 12:26 *If one member suffers, all members suffer together; if one member is honoured, all rejoice together!*