

If You Cannot Meet Your Basic Needs

Emergency numbers for Albertans on AISH and ADAP · October 2026

1-866-644-5135

INCOME SUPPORT CONTACT CENTRE · OPEN 24 HOURS, EVERY DAY

Emergency help with basic needs: food, shelter, transportation. Does not close on evenings, weekends or statutory holidays.

“Any Albertan who is unable to meet their basic needs can call the 24-hour Income Support Contact Centre at 1-866-644-5135 for emergency financial assistance.”

Office of the Minister, Assisted Living and Social Services, July 2026

Faster: apply online first, then call.

Go to emergencybenefits.alberta.ca, apply for emergency food, then phone the number above to confirm. Benefits are issued by Interac e-Transfer.

OPEN 24 HOURS, EVERY DAY

988	Suicide Crisis Helpline. Call or text, any hour.
1-877-303-2642	Mental Health Help Line.
811	Health Link. Talk to a nurse about a health concern.
310-1818	Family Violence Info Line. More than 170 languages. Chat online at alberta.ca/SafetyChat
1-800-387-5437	Child Abuse Hotline. 1-800-387-KIDS.
1-888-456-2323	Bullying Helpline.
211	Community and municipal supports in your area. Call or text.

BUSINESS HOURS ONLY · NOT FOR EMERGENCIES

1-877-644-9992	Alberta Supports. Monday to Friday, 7:30 am to 8:00 pm. Closed on statutory holidays. For program questions, not emergencies.
310-4455	Alberta Connects, the general government line. Will route you to the right office. Hours vary.
780-427-2709	Appeals Secretariat.
780-643-6210	Office of the Minister, Assisted Living and Social Services.

More support lines on page 2 →

Keep this where you can find it. Put it on the fridge. Send it to someone who is not online.

The Alberta Disability System Breakdown · St. Albert, Alberta | October 2026 · albertadisabilitybreakdown@outlook.com

Numbers taken from Government of Alberta pages, correspondence issued by the Office of the Minister, and the organizations listed. Free to share. Free to print.

More Support Lines

You don't have to be in crisis to call. Some of these lines are there just to talk.

DISTRESS LINES · 24 HOURS

780-482-4357	Edmonton Distress Line. Online chat at edmonton.cmha.ca
403-266-4357	Calgary Distress Line.
1-800-232-7288	Rural Distress Line, for Albertans outside Edmonton.
780-424-2424	Access 24/7, Edmonton. Mental health and addiction help, including the adult mobile crisis team.

KIDS AND YOUTH

1-800-668-6868	Kids Help Phone, 24 hours. Or text CONNECT to 686868.
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2SLGBTQIA+

647-694-4275	LGBT YouthLine. Text only.
1-877-330-6366	Trans Lifeline. Peer support run by and for trans people.
1-888-530-6777	PFLAG Canada. Support for families and friends.

SENIORS

780-454-8888	Seniors Abuse Helpline, Edmonton, 24 hours.
780-702-1520	SAGE Seniors Safe House, for older adults leaving an unsafe home.
1-866-950-5465	Alzheimer Society of Alberta and NWT.

INDIGENOUS · 24 HOURS

1-855-242-3310	Hope for Wellness Helpline. Mental health and crisis support.
1-866-925-4419	Residential School Crisis Line.
1-844-413-6649	Missing and Murdered Indigenous Women and Girls Crisis Line.

LOWER-COST COUNSELLING

ywcaofedmonton.org	YWCA of Edmonton. Sliding-scale therapy.
saffroncentre.com	Saffron Centre. Support for survivors of sexual violence.
breakingfreefoundation.ca	Breaking Free Foundation. Grants to help trauma survivors pay for therapy.
nca.ca	Native Counselling Services of Alberta.

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