

## DEVELOPING A LIST OF COMMUNITY RESOURCES AND SERVICES: TIP SHEET

Some areas in Alberta now have online or phone access to 211, a comprehensive information website with contact information for local community and social services. To check if 211 is operating in your area, go to: [www.ab.211.ca](http://www.ab.211.ca). If 211 is available in your area, you might consider using the ‘when you need to reach out...’ card on the following page in lieu of a community resources handout.

If you would like to create a list of local resources and services available to students and their families using the following tips:

- Be sure to include [www.help4me.ca](http://www.help4me.ca) prominently in your handout. The Government of Alberta, Alberta Health Services, PolicyWise for Children & Families and the Canadian Mental Health Association of Edmonton have developed this website to communicate information about addiction and mental health. The website also contains crisis and distress supports and services contact information for the province.
- Use the checklist below to think about additional community resources to include. Check off whether the local information about at least one provider for this type of service is already known to you, or whether some exploring in the community is necessary.

| <b>TYPE OF RESOURCE OR SERVICE</b>                  | <b>CONTACT INFORMATION KNOWN</b> | <b>NEED TO EXPLORE</b> |
|---|----------------------------------|------------------------|
| Abuse, assault and domestic violence                |                                  |                        |
| Addictions, substance abuse and treatment           |                                  |                        |
| Anger management                                    |                                  |                        |
| Bereavement   |                                  |                        |
| Financial assistance                                |                                  |                        |
| First nations, Metis or Inuit services and supports |                                  |                        |
| Food and clothing                                   |                                  |                        |
| Housing services and shelters                       |                                  |                        |
| Immigrant and refugee services and supports         |                                  |                        |
| Legal assistance                                    |                                  |                        |
| Medical or other disabilities                       |                                  |                        |
| Mental health                                       |                                  |                        |
| Pregnancy   |                                  |                        |
| Parenting   |                                  |                        |
| Police/RCMP   |                                  |                        |
| Transportation                                      |                                  |                        |

Once you’ve identified your current contacts and your areas for exploration, use the Alberta Human Services Resource List to get you started in your explorations:

<http://www.humanservices.alberta.ca/disability-services/17252.html>