



Essential numbers for seniors in Calgary

<p>9-1-1 Emergency (24-Hour)</p>	<p>403-SENIORS (403-736-4677) The Way In</p>
<p>For EMERGENCY medical, fire and police response.</p> <p>Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.</p>	<p>Information, advice and help accessing programs and benefits for older adults.</p> <p>403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)</p>
<p>8-1-1 Health Link (24-Hour)</p>	<p>Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).</p>
<p>Health advice (including dementia advice) from a registered nurse.</p>	
<p>3-1-1 City of Calgary (24-Hour)</p>	<p>403-943-1500 Access Mental Health</p>
<p>Information on all City of Calgary services. www.calgary.ca</p>	<p>Non-urgent advice on navigating the addiction and mental health system.</p>
<p>2-1-1 Community Resources (24-Hour)</p>	<p>403-705-3250 Elder Abuse Resource Line (24-Hour)</p>
<p>Information and referrals for community and social services. www.ab.211.ca</p>	<p>Confidential information and support, or to report a suspected case of elder abuse.</p>

Telephone language interpretation service available on all lines.