Hospital COVID Discharge Process April 18, 2020

■ Isolation:
  ■ Hospitalized cases that are discharged to their own home before hospital isolation is complete, should remain on home isolation for 10 days from onset of symptoms or until 48h after symptoms have resolved, whichever is longer, after arrival at home.
    ● Provide handout to patient on discharge
  ■ Hospitalized cases being discharged/transferred to long-term care facilities/continuing care/group homes/shelters etc. before their isolation period is complete should remain on isolation for 14-days from onset of symptoms or until 48h after symptoms have resolved, whichever is longer.
    ● This additional length of time (4 more days from the 10 days) is recommended as the case had severe disease (i.e., hospitalized) and will be re-entering a facility with other vulnerable persons (i.e., long-term care facilities/continuing care/group homes/shelters).

■ Home Oxygen:
  ■ If Arterial Blood Gases are unavailable, oximetry showing hypoxemia will be accepted.
  ■ Pulmonary Function Tests, Spirometry, and PSG's will not be required for funding, at this time.
  ■ Exertional Oxygen requirements and are making the following funding exceptions:
    ● Client is not hypoxic at rest (no change from current policy)
    ● Funding is given for 3 months:
      ○ If client desaturates to <80% on exertion
      ○ Desaturation is not due to artifact
      ○ If client is being discharged from hospital or Respiriology clinic
  ■ If a Respiratory Therapist is not available - then can still d/c with home O2 but will be assessed as outpatient.
    ○ Need to write DATE of discharge and will be assessed as outpatient within 48h [Alberta Aids to Daily Living Bulletin #80 - General Information on Coronavirus and Alberta Aids to Daily Living (AADL)](https://www.albertahealthservices.ca/en/healthserviceproviders/healthcareprofessionals/about/Pages/COVID-19-Bulletin-80-General-Information-on-Coronavirus-and-Alberta-Aids-to-Daily-Living-AADL.aspx)

■ Transportation:
  ■ Non-exposed family member available - can pick up patient at hospital entrance (preferred)
    ● Non-exposed family member should wear a mask and gloves. Patient should wear a mask and gloves and sit in the back of the vehicle.
  ■ If no non-exposed family member is available, then arrange for Intra-facility transport (IFT) by notifying the charge nurse
    ● * Pending ability to specify a taxi group able to manage the cleaning and isolation requirements to transport COVID patients from hospital.
  ■ If returning to LTC use IFT as per usual and LTC isolation process.
    ● Need 24h notice
    ● Confirm that LTC not on outbreak measures

■ Medications:
  ● Prescriptions faxed to usual pharmacies if they can provide pick up or delivery.
    ○ MD or pharmacist to call to check timeline to fill prescription
    ○ Provide 72-hour medication supply for patients unable to get pharmacy pick up or delivery over weekend or limited pharmacy hours in general.
● Prescriptions to REXALL on site (PLC, FMC, RGH, SHC) for supply prior to discharge if during REXALL hours (0800-1700 M-F)
● Prescriptions to quadrant-based pharmacy that provides delivery for patients without support for medication pick up (call ahead to pharmacy to see if delivery available) https://abpharmacy.ca/covid-19-guidance-pharmacists-and-pharmacy-technicians#collapselInner-2

■ OT/PT equipment:
  ● Refer as per usual practice
  ● See below for patients below functional baseline
  ● Contact OT/PT for guidance for patient/family who are not able to pick up equipment because of isolation requirements via site and home/care.

■ Transition Services referral: as per usual with focused support and notification of need for PPE.
  ■ Return to LTC would require 24 hours’ notice and usual receipt of meds and discharge summary, MOH approval if on outbreak. Isolation process in LTC with swabs managed by Public Health CD group.

■ Outpatient Laboratory testing:
  ● Mobile lab request if urgent labs required prior to testing completion. Indicate on referral COVID-19+
  ● If unable to utilize mobile lab, then could use either Ranchlands or Avenida COVID dedicated labs (see attached document from lab).
    ○ Note – appointment must be made by MD
  ● If unable to utilize mobile lab or unable to use a dedicated COVID lab then arrange for community paramedic referral to support lab testing (https://www.albertahealthservices.ca/frm-19552.pdf)

■ Diagnostic Imaging:
  ■ If not able to do community testing then arrange for on-site COVID19-DI process. Contact manager from site DI.

■ MD Follow up:
  ■ Primary Care Provider:
    ● If patient has a PCP make virtual follow up appointment (post-hospital primary care pathway being developed)
    ● If patient does not have a PCP one can be accessed via specialistlink or PCN navigators
  ■ GIM:
    ● Urgent follow-up at specialty clinics to be supported for HOT patients via MTU follow-up process.

Return to hospital:
  ■ If a patient deteriorates after hospital discharge and requires return to hospital they should call 911 and notify 911 dispatch of COVID status.
  ■ MD teams must counsel patients upon discharge around criteria that require return to hospital.
Special Populations:

1. Patients experiencing homelessness or are vulnerably housed

If patient requires Assisted Self-Isolation:

- Physician/Nurse Practitioner or community paramedic will make a referral to ASIS via RAAPID. If referral is accepted, RAAPID will initiate and coordinate the transfer process with the referral and accepting sites.
- Move patient to community holding space or acute care facility to await transport
- Site staff or physician to complete ASIS intake/referral form
- Be prepared for the next transit pick up time (Calgary Transit schedule will be distributed to all facilities)
- Ensure patients are masked and hands are washed prior to loading bus
- Provide client a pump of hand sanitizer right before loading the bus
- Escort and assist patient in boarding the bus
- Patient is transferred to ASIS

ASIS Process:

| High-level criteria to be considered eligible for the assisted Self-isolation |
| (see full client flow for more details) |

| Client is experiencing homelessness, has no fixed address |
| And meets one of the following health criteria: |

- Have a confirmed diagnosis of COVID-19 and are actively ill with the virus; or
- Are experiencing symptoms of COVID-19 and are awaiting medical testing or the results of medical testing; or
- Have received a diagnosis of COVID-19 and are in a period of recovery, before transitioning to different accommodations; or
- Have been in close contact with confirmed positive cases, exclusion order mandates isolation from public for 14 days from date of exposure

Admission to the site is entirely voluntary on the part of the patient. It is not a locked facility. Anyone unable to stay in this capacity may not be a good fit.

Referral to ASIS must be completed by a Physician/health care professional as described within next section

Missing: transfer process to shelters for covid negative patients needing isolation

- Alpha House DOAP team will transport COVID patients to shelters if ASIS not needed and deemed safe to do so
- Contact: 403-998-7388
2. Older Adults
If medically stable, but below baseline function, please refer to algorithm for patients not at functional baseline for process regarding rehab (Figure 2).

If medically stable and able to manage cognitively and functionally at home:
- **Liaise with Care-Partners, Early and Often.**
- **Home Care:** Consult Transition Services if Home Care needed to support discharge
- **Mobility:** Review Mobility and Physical Function from OT/PT notes
  - Refer patient Finding Balance Alberta for resources and exercises to reduce falls and maintain mobility: [https://findingbalancealberta.ca](https://findingbalancealberta.ca)
- **Delirium:** If resolving from delirium:
  - Patients often go home before delirium fully resolves, be sure that level of fluctuations, behaviour and function are safe for discharge. If unsure, discuss with team lead and allied health team.
    - For more details review knowledge topic: [https://extranet.ahsnet.ca/teams/policydocuments/1/klink/et-klink-ckv-delirium-seniors-inpatient.pdf](https://extranet.ahsnet.ca/teams/policydocuments/1/klink/et-klink-ckv-delirium-seniors-inpatient.pdf)
    - Ensure clear recommendation to family around need for supervision with activities of daily living and safety with driving.
    - As per CMA Driver’s guide page 113-114, section 22.3: “If the physician is uncertain regarding whether it is safe for the patient to resume driving, it is recommended that the physician extend the period during which the patient should not drive and then arrange to see the patient in follow-up.” This can be referred to a patient’s family physician with some guiding principles (i.e., attention and fluctuations have returned to normal).
      - Brochure about Delirium for family: [Delirium, a guide for patients and families](#)
- **Medications:** Complete Medication Reconciliation and
  - Send updated medication list to pharmacy 24 hours prior to discharge if possible.
  - any new medications need to be reviewed carefully (with patient, and family/caregiver if delirium or cognitive impairment) and ensure they are needed upon discharge.
- **Follow-up:** Complete Discharge Summary
  - Include a clear follow-up plan for the patient’s family doctor, including any new monitoring, testing and appointments. Make specific note if patient is expected to organize appointments or if they will be called with details.
  - Consider the need for referrals post-hospitalization, and ensure these are completed or communicated to PCP to do so.
  - Consider need for Seniors Health Referral as outpatient (see criteria on albertareferraldirectory.ca)
    - Support to caregivers and Continuing Care colleagues in managing dementia in the community
    - Medication Reviews
    - Advice on complex chronic medical management in frail older patient
    - Recurrent Falls (> 3 in 3 months)
    - Second opinion on treatment/management plans for frail older patients
    - Assessment and advice post-hospital discharge for frail older patients at high risk of readmission
    - Assessment and advice for frail older patients who are high users of acute care
    - Assistance with management of dementia-related behaviours
Safety: Prior to Discharge ensure any recommendations regarding safety at home and fitness to drive are clearly communicated and documented.

- Summary of Cardiac and Cognitive Conditions:

Resources for Older Adults:

- 211: https://www.ab.211.ca/ A hub of info on community services and supports.
- The Way in Network: 403 Seniors (736-4677)
- CARYA: https://caryacalgary.ca/our-programs/older-adults/twi/ community support services
- Calgary Seniors Resource Society and Senior Connect. Senior Connect is an outreach service for vulnerable older adults with urgent needs – https://www.calgaryseniors.org
- Kerby Centre – support for vulnerable seniors (Grocery Delivery program, Seniors Information Resources by phone, Elder Abuse Resource Line)
Figure 2

Medically Stable for Discharge

Review with Allied Health, Nursing or SCM notes

At Functional Baseline

Proceed with Discharge Planning Pathway

Below Functional Baseline

Discuss with Patient, Family, Allied Health

Requires Rehab

Does the Patient Still Require Isolation for

Isolation Needed

Inpatient Rehab (consider transfer to Hospitalist Service)

Isolation Not Needed

Consult Transition Services for possible RCTP vs. home with homecare (at RGH consider geriatric consult)

Able to go home with increased support through family/home care. Consult Transition Services as required

Proceed with Existing Discharge Planning Pathway
3. Patients from Long Term Care (LTC) or Assisted Living (AL):

Early in Admission
- Early Consult to Transition Services Team,
  - Clarify baseline cognitive and functional status from the facility
  - Clarify what level of function they can accept upon return to facility

Prior to discharge:
- Check with Transition Services re: Facility Outbreak Status
- Ensure current cognitive and functional status can be supported at facility
  - If not, refer to algorithm for patients not at functional baseline (Figure 2).
- If medically stable and functionally ready to return:
  - Check for new CMOH Orders and Updates re: LTC/AL
  - **Must complete “Client Admission/Discharge/Transfer Screening Questionnaire”**
    - Found here: [Client Admission/Discharge/Transfer Screening Questionnaire](#)
  - Complete Medication Reconciliation
  - Update any changes to Goals of Care
  - Complete Discharge Summary
    - Include a clear follow-up plan for staff at the facility, including any new orders for monitoring, testing and appointments.
    - If unclear re: what a facility can manage – ask Transition Services
Community Resources
Compiled on April 13, 2020 by S. Raukema (with additions by R. Grimminck) – handout for COVID Corner Webinar
For current resource information please call 211 or visit www.ab.211.ca

Crisis Resources
• 211 – information & referrals for community, social & government services - dial 211, text INFO to 211 or “live chat” at ab.211.ca
• 911 - Emergency
• Distress Line – (24/7, Edmonton & Northern Alberta) 780-482-HELP (4357)
• Distress Centre – 24 Hour Crisis Line – (Calgary and Southern Alberta) 403-266-HELP (4357)
• 24/7 Crisis Line – (Fort McMurray & Northeastern Alberta) 780-743-HELP (4357)
• Calgary ConnectTeen – text 587-333-2724 or chat https://calgaryconnecteen.com/
• AHS Mobile Response Team (MRT) – MH assessment/intervention/incident debriefing/PACT Referrals 403-266-4357
• Calgary & Area Child and Family Services – (24/7) 403-297-2995
• Children’s Cottage – Limited community intake for short stay (under 48 hrs) after thorough screening 403-233-2273
• Community Resource Team (CRT) Woods Home – phone, text & chat for youth and families https://www.woodshomes.ca or text 587-315-5000 or phone 403-229-9699 or 1-800-563-6106
• Connect Family Violence Helpline – 24/7 text 403-604-6689, email help@cwes.ca 403-234-7233 (SAFE)
• Connect Sexual Abuse/Sexual Assault Helpline 403-237-5888)
• Family Violence Information Line – chat alberta.ca/safetychat 403-810-1818
• Distress & Suicide Prevention Line – (24/7, Southwestern Alberta) 1-888-787-2880
• Kids Help Phone – (24/7) text CONNECT to 686868 or visit kidshelpphone.ca. 1-800-668-6868

Counselling Resources
• AHS - Access Mental Health –non urgent information and referrals for community resources 403-943-1500
• AHS Addiction Helpline – free and timely phone counselling offered by clinicians 1-866-332-2322
• AHS – Grief Support Program – self referral grief counselling 403-955-8011
• AHS – Indigenous Mental Health – only phone intake, therapy & wellness support 403-955-6645
• AHS Mental Health Helpline – free and timely phone counselling offered by clinicians 1-877-303-2642
• Alcoholics Anonymous – Phone meetings – Complete listing at https://calgaryaa.org/covid-19-updates#Online
• Calgary Counselling Centre –phone and video counselling 403-691-5991
• Calgary Family Therapy Centre – free longer-term video therapy for families with children 403-802-1680
• Canadian Mental Health Association - https://cmha.calgary.ab.ca - offers mental health peer support, suicide grief counselling, mental health recovery courses, and individual counselling 403-297-1700
• CARYA –phone support for families and individuals and connection to community resources 403-269-9888
• Catholic Family Service –phone or video counselling 403-233-2360
• CCASA (Calgary Communities Against Sexual Abuse) – Information only – counselling suspended 403-237-5888
• Distress Centre –phone counselling by appointment 403-266-1601
• Employee Assistant Program – Free short-term counselling for eligible employees Through Employer
• Eastside Family Services (Mon-Sat) – free phone or online counselling 403-299-9696
• Jewish Family Services – 3 free intervention therapy sessions during the pandemic crisis 403-287-3510
• Money Mentors – offering free credit counselling and money coaching by phone or chat line 1-888-294-0076
• Immigrant Services Calgary – Counselling@immigrantservicescalgary.ca – self referral online form 403-444-1508
• Starling – Free digital mental health support - https://info.starlingminds.com/covid19-free-mental-health
• Alberta Association of Social Work – private counselling – www.acsw.ab.ca/public 1-800-661-3089
• Psychologicals Association of Alberta – private counselling – www.psychologistassociation.ab.ca 403-246-8255
• YWCA Group Counseling for Men and Women - https://www.ywcalgary.ca/programs/group-counselling/ 403-536-2844

Mental Health & Wellness Handouts
• General Relaxation – https://www.getselfhelp.co.uk/docs/Relaxation.pdf
• Child Mind Institute Live chats with expert clinicians daily through facebook https://www.facebook.com/ChildMindInstitute/
COVID-19 Related Resources

- 811 – Healthlink – 24/7 Advise and information
- 311 City of Calgary Services – online service requests – https://www.calgary.ca/cfod/csc/Pages/311FAQ.aspx
- Canadian Red Cross - https://www.redcross.ca/ - Various services including medical equipment rental 403-541-6100
- Enmax Relief Program – increased payment flexibility and suspending disconnection - https://www.enmax.com/covid19
- Shaw Go Wifi Free – https://www.shaw.ca/internet/wifi - connect without a login or ID
- Spectrum – Free Internet during the shut down of schools 1-844-488-8398
- Low Income Transit Pass Extension
- Women’s Centre of Calgary - 9:30 a.m. to 3:30 p.m by phone for referral assistance 403-264-1155.
- Refer to this PDF list of available services from womenscentrecalgary.org

COVID-19 Community Initiatives –Home Activities/Tools

- City of Calgary - Activity Book – https://www.calgary.ca/CSPS/Pages/At-Home-Activities/At-home-activities.aspx
- The Wellness Society, Jamma International – Free downloadable Coronavirus Anxiety Workbook https://thewellnesssociety.org

Free Mindfulness / Meditation / Mental Wellness Apps

- Insight Timer
- Stop Breath think
- DRT – Dynamic running Therapy (only on iOS)
- UCLA Mindful
- Smiling Mind
- A Happy Mind
- Eternal Sunshine
- Youper
- Buddify
- Mindshift CBT by Anxiety Canada
- CBT – I Coach by US Department of Veterans Affairs (VA)
- Virtual Hope Box by National Centre for Telehealth & Technology
- Breathe
- OMM – One Moment Meditation
- Road to Mental Readiness by the Canadian Department of National Defense

Podcast

- Unlocking US – by Brenee Brown

Current COVID-19 Resources for Allied Health, all AHS and Covenant Health Employees – On Extranet

https://extranet.ahsnet.ca/teams/HPSP/AHPPE/Manage/covid-19/SitePages/Home.aspx

Financial Resources

https://www.canada.ca/COVID19 - For the most up-to-day information from the Canadian government

- Canada Emergency Response Benefit (Federal)
- Employment Insurance EI (Federal)
- Employment Insurance Sickness (Federal)
- Mortgage Deferrals
- Student Loan Replacement deferrals
- Property Tax Payment extensions
- GST Credit – one time double payment if you are eligible
- Child Tax Benefit – Extra $300 per child if eligible
- Income Tax deadlines to file taxes by June 1
- Indigenous Community Support Fund –Contact your nation or organization from more information.
• Momentum – [Financial Supports for People Impacted by COVID-19](https://www.momentumca.ca/coronavirus-support) –article from Momentum with links
• Momentum – [Community Helpline and Coaching Services from Momentum](https://www.momentumca.ca/coronavirus-support) – Money coaching 403-272-9323

**Seniors Resources**
• CARYA - The Way Inn –phone support and connection senior’s with resources 403-736-4677
• Kerby Centre – [COVID-19 Seniors Information Hotline](https://www.kerbycentre.com/) – resources, food, shelter, prescription, etc 403-265-0111
• Kerby Centre – [Seniors Support Resources from the Kerby Centre](https://www.kerbycentre.com/) - Kerby Centre is closed to the public 403-705-3246
• Kerby Centre - [https://www.kerbycentre.com/](https://www.kerbycentre.com/) - Income Tax Drop off temporarily suspended 403-705-3246
• Seniors Connect - [https://www.calgaryseniors.org/seniors-social-supports](https://www.calgaryseniors.org/seniors-social-supports) – intervention/resources 403-269-5445

**Children and Youth Resources**
• Children’s Cottage – high risk children triaged for short stay (less than 42 hrs) in quarantined area 403-233-2273
• Kids Help Phone – available to kids children and youth 24/7. Text CONNECT to 686868, call 1-800-668-6868
• The Ready Squad – [https://www.calgary.ca/CSPS/cema/Pages/Ready-Squad.aspx](https://www.calgary.ca/CSPS/cema/Pages/Ready-Squad.aspx) - Fun Emergency Preparedness e-course
• The Centre for Disease Control (CDC) – guidelines about how to talk with children about the Coronavirus pandemic

**Indigenous Resources**
• AHS – Indigenous Mental Health – only phone intake, therapy & wellness support 403-955-6645
• Aboriginal Friendship Centre – Doreen at dwilliams@afccalgary.org or general email icnf@afccalgary.org 403-370-6422
• Aspen Community Services – To refer, email email Sharon Edwards at ahamblin@aspenfamily.org 403-629-0413
• Hope For Wellness – [https://www.hopeforwellness.ca/](https://www.hopeforwellness.ca/) - MH/crisis counselling across Canada 24/7 1-855-242-3310
• Metis Calgary Family Services – online mental health support 403-240-4642

**Immigrant Resources**
• Calgary Local Immigrant Partnership – [https://www.calgarylip.ca/translation-and-interpretation](https://www.calgarylip.ca/translation-and-interpretation) - list of service providers
• Immigrant Services Calgary – [https://settlementcalgary.com/](https://settlementcalgary.com/) - register for support in your own language 403-265-1120
• Centre for Newcomers – [https://www.centrefornewcomers.ca/](https://www.centrefornewcomers.ca/) full service online or phone support 403-569-3325
• Calgary Women’s Immigrant Society – [https://www.ciwa-online.com](https://www.ciwa-online.com) – online counselling and resources 403-457-8830
• Calgary Catholic Immigration Services – [https://www.ccisab.ca/](https://www.ccisab.ca/) - prioritizing newly arrived Albertans 403-517-8830

**Food Resources**
• Calgary Foodbank – Free Hamper Program – suspended referral requirement – p.u. at 5000 11 St SE 403-253-2055
• COOP Care Package Delivery – [https://www.calgarycoop.com/covid19/](https://www.calgarycoop.com/covid19/) - for doctor-mandated quarantine 403-219-6064
• Youth Centre Calgary – [https://youthcentresofcalgary.com/](https://youthcentresofcalgary.com/) - No cost bag lunches for kids– p.u. from 11-1pm 7400 23 St SE 403-219-6064
• Kerby Centre “Thrive” – [https://www.kerbycentre.com/](https://www.kerbycentre.com/) - Grocery delivery with lifted income criteria 403-265-0661
• Meals on Wheels – [https://www.mealsonwheels.com/](https://www.mealsonwheels.com/) - Free Delivery – minimum $24 online order 403-243-2834
• Victory Outreach – [https://victoryoureach.ca](https://victoryoureach.ca) – free food pickup in Forest Lawn or Ogden 403-273-1050

**Shelter Resources**
• Alberta College of Social Workers - [https://acs.ca/shelters](https://acs.ca/shelters) - Shelter Directory in Alberta
• Avenue 15 – (Youth 12-17 938 15 Ave SW) [https://www.boysandgirlsclubsofcalgary.ca/covid-19/](https://www.boysandgirlsclubsofcalgary.ca/covid-19/) 403-543-9651
• Awo Taan Healing Lodge – Counselling and emergency shelter– crisis line line 403-531-1970 ext 210 403-531-1970
Calgary Drop-In Society – Providing medical screening tests – 1 Dermot Baldwin Way SE 403-266-3600
Calgary Woman's Emergency Shelter – https://www.calgarywomensshelter.com/ 234-SAFE (7233)
Discovery House – https://www.discoveryhouse.ca/ 403-670-0467
Exit Youth Shelter (Wood’s Youth 12-17) – https://www.woodshomes.ca/ - temporarily closed 403-509-2323
Inn from the Cold (family shelter) – https://innfromthecold.org/ 403-263-8384
The Salvation Army (Centre of Hope) – 420-9 Ave SE - http://www.salvationarmycalgary.org/ 403-269-1319
Inn from the Cold (family shelter) – https://innfromthecold.org/ 403-263-8384
The Salvation Army (Centre of Hope) – 420-9 Ave SE - http://www.salvationarmycalgary.org/ 403-410-1112
Wheat Land Crisis Centre/Shelter, Strathmore (Abuse for all people) https://strathmoreshelter.com/ 403-934-6634

Housing Resources
Affordable Housing – https://www.alberta.ca/affordable-housing-programs.aspx 780-422-0122
Accessible Housing – http://accessiblehousing.ca/ 403-282-1872
Calgary Housing Corp – http://calgaryhousingcompany.org/ - access to current near-market rent site 403-221-9100
Kerby Centre – Seniors Housing Directory - https://www.kerbycentre.com/directory/housing-directory/ 403-705-3230
Low cost rent – http://www.lowcostrent.org
Metis Housing – https://www.metishousing.ca/mtis-housing-home-page/ 403-569-9030
SORCe – http://www.scorce.ca – 316 7 Ave SE 403-617-4183 or 403-608-5559
YWCA Mary Dover House – https://www.ywcalgary.ca/programs/transitional-shelter/ 403-263-1550

Hospitals & Medical Resources
Alberta Children's Hospital – https://www.albertahealthservices.ca/ach/ach.aspx 403-955-7211
Claresholm Centre for MH & Addiction – https://www.albertahealthservices.ca/services/page13575.aspx 403-682-3500
CUPS - https://www.cupscalgary.com/ 403-221-8797
Foothills Medical Centre – https://www.albertahealthservices.ca/fmc/fmc.aspx 403-944-1110
Peter Lougheed Centre – https://www.albertahealthservices.ca/findhealth/facility.aspx?id=2 403-943-4555
South Health Campus – https://www.albertahealthservices.ca/shc/shc.aspx 403-943-9300
South Calgary Health Centre – Single session same day phone appointments (before 4pm) 403-943-9374
Sheldon Chumier Urgent Mental Health – Walk-in assessment and counselling 1213 – 4 St SW 403-955-6200

Calgary Addiction Resources
AHS - Adult Addiction Services – Self referral phone support and addiction resources 403-367-5000
Al-Anon / Al-Ateen – https://al-anon.ab.ca/ 403-266-5850
Alcove Recovery (Women) – https://www.alcoverecoverey.net/ 403-984-2707
Aventa (Villa for Women) – https://aventa.org/ 403-245-9050
Cocaine Anonymous – https://ca-ab.org/find-a-meeting/ 403-568-8008
DOAP Team – http://alphahousecalgary.com/how-we-help/outreach/ 403-998-7388
Dream Centre – https://calgarydreamcentre.com/ 403-243-5598
Fresh Start (men) – https://www.freshstartrecovery.ca/ 403-387-6266
Gambling Help Line 1-866-332-2322
Renfrew Recovery Centre – https://www.albertahealthservices.ca/services/renfrewrecoverycentre.aspx 403-297-3337
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<td>RESET Society (Women)</td>
<td><a href="https://resetcalgary.ca/">https://resetcalgary.ca/</a></td>
<td>403-237-8477</td>
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<td>Simon House (Men)</td>
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<td>Smart Recovery</td>
<td><a href="http://smartrecovery.ca/">http://smartrecovery.ca/</a></td>
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<td>403-264-0598</td>
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<td>Legal Support</td>
<td>Mental Health Warrant</td>
<td>Family Court – 7th Floor, 601 S 5 St SW</td>
<td>403-297-3471</td>
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<td>Calgary Legal Guidance</td>
<td><a href="https://clg.ab.ca/">https://clg.ab.ca/</a></td>
<td>403-234-9266</td>
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<td><a href="https://www.albertahealthservices.ca/info/Page2767.aspx">https://www.albertahealthservices.ca/info/Page2767.aspx</a></td>
<td>403-410-1132</td>
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<td>Calgary Workers’ Resource Centre</td>
<td><a href="http://www.helpwrc.org/">http://www.helpwrc.org/</a></td>
<td>403-264-8117</td>
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<td>Elizabeth Fry Society</td>
<td><a href="https://elizabethfrycalgary.ca/">https://elizabethfrycalgary.ca/</a></td>
<td>403-294-0737</td>
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<td>John Howard Society</td>
<td><a href="https://www.cjhs.ca/">https://www.cjhs.ca/</a></td>
<td>403-266-4566</td>
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<td>Legal Aid Society of Alberta</td>
<td><a href="https://www.legalaid.ab.ca/Pages/default.aspxs">https://www.legalaid.ab.ca/Pages/default.aspxs</a></td>
<td>403-297-2260</td>
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<td>Student Legal Assistance Society</td>
<td><a href="https://slacalgary.com/">https://slacalgary.com/</a></td>
<td>403-220-6637</td>
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<td>Community Services</td>
<td>Information</td>
<td>211</td>
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<td>Alberta Supports (PDD applications)</td>
<td><a href="https://www.alberta.ca/pdd-how-to-apply.aspx">https://www.alberta.ca/pdd-how-to-apply.aspx</a></td>
<td>1-877-644-9992</td>
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<td>Alberta Healthy Living</td>
<td><a href="https://www.albertahealthservices.ca/info/Page8930.aspx">https://www.albertahealthservices.ca/info/Page8930.aspx</a></td>
<td>403-943-2584</td>
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<td>AISH Office</td>
<td><a href="https://www.alberta.ca/index.aspx">https://www.alberta.ca/index.aspx</a></td>
<td>403-297-8511</td>
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<td>Aspen Family Services</td>
<td><a href="http://www.aspenfamily.org/">http://www.aspenfamily.org/</a></td>
<td>403-219-3477</td>
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<td>Calgary Chinese Cultural Centre</td>
<td><a href="https://www.culturalcentre.ca/">https://www.culturalcentre.ca/</a></td>
<td>403-262-5071</td>
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<td>Calgary Outlink – (Centre for Gender &amp; Sexual Diversity)</td>
<td><a href="http://www.calgaryoutlink.ca">www.calgaryoutlink.ca</a></td>
<td>403-234-8973</td>
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<td>Calgary Urban Project</td>
<td>(CUPS 1001 – 10 Ave SW) –  <a href="https://www.cupscalgary.com/">https://www.cupscalgary.com/</a></td>
<td>403-221-8780</td>
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<td>Calgary Workers’ Resource Centre</td>
<td><a href="http://www.helpwrc.org/">http://www.helpwrc.org/</a></td>
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<td>Elements – (formerly Self Help)</td>
<td><a href="https://www.elementscmhc.ca/">https://www.elementscmhc.ca/</a></td>
<td>403-266-8711</td>
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<td>Family Caregiver Centre (AHS)</td>
<td><a href="https://www.albertahealthservices.ca/services/Page13155.aspx">https://www.albertahealthservices.ca/services/Page13155.aspx</a></td>
<td>403-955-1674</td>
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<td>Home Care</td>
<td><a href="https://www.albertahealthservices.ca/cc/Page15488.aspx">https://www.albertahealthservices.ca/cc/Page15488.aspx</a></td>
<td>403-943-1600</td>
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<td>HIV Community Link</td>
<td><a href="https://hivcl.org/">https://hivcl.org/</a></td>
<td>403-508-2500</td>
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<td>Hospice Calgary &amp; Sage Centre</td>
<td><a href="https://www.hospicecalgary.ca/">https://www.hospicecalgary.ca/</a></td>
<td>403-263-4525</td>
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<td>Infant Care Alberta</td>
<td><a href="https://www.infant-care.ca">https://www.infant-care.ca</a></td>
<td>403-209-1930</td>
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<td>Information Alberta</td>
<td>informlberta</td>
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<td>Interfaith Thrift Association</td>
<td><a href="https://interfaithfurniture.ca/">https://interfaithfurniture.ca/</a></td>
<td>403-235-6881</td>
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<td>North East Family Connections</td>
<td><a href="https://www.nefcs.ca/">https://www.nefcs.ca/</a></td>
<td>403-293-0424</td>
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<td>Pregnancy Care Centre</td>
<td><a href="https://www.pregcare.com/">https://www.pregcare.com/</a></td>
<td>403-269-3110</td>
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<td>Prospect (Employment Support)</td>
<td><a href="https://www.prospectnow.ca/">https://www.prospectnow.ca/</a></td>
<td>403-273-2822</td>
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<td>Salvation Army (Forest Lawn NE)</td>
<td>3200 – 17 Ave SE – Tax Clinic postponed</td>
<td>403-220-0432</td>
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<td>Salvation Army – 3720 – 19 Ave SE – providing some services</td>
<td></td>
<td>403-220-0422</td>
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<td>SABIS (Brain Injury Society)</td>
<td><a href="https://sabis.ab.ca/">https://sabis.ab.ca/</a></td>
<td>403-521-5212</td>
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<td>SIDS Calgary Society</td>
<td><a href="https://sidscalgary.ca/">https://sidscalgary.ca/</a></td>
<td>403-265-7437</td>
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<td>The Doorway (Youth)</td>
<td><a href="https://thedoorway.ca">https://thedoorway.ca</a> – Temporarily Closed</td>
<td>403-269-6658</td>
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<td>Woman’s Centre (Drop In, Group, Resources, Referrals)</td>
<td>Phone Service at this time</td>
<td>403-264-1155</td>
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