

Advocate for Persons with Disabilities		
What the organization can do for you	<ul> <li>The Office of the Advocate for Persons with Disabilities can provide assistance with questions about disability programs and services.</li> <li>Connect with the office or make an appointment to meet with an Advocate representative.</li> </ul>	
Contact information	<ul> <li>Office of the Advocate for Persons with Disabilities Suite 1110, 10055 106 Street, Edmonton, Alberta T5J 2Y2</li> <li>Hours: 8:15 am to 4:30 pm (open Monday to Friday, closed statutory holidays)</li> <li>Phone: 780-422-1095</li> <li>Toll free: 1-800-272-8841</li> <li>Fax : 780-415-0097</li> <li>Email : advocate.disability@gov.ab.ca</li> <li>Web page : www.alberta.ca/advocate-persons-disabilities</li> </ul>	
Ombudsman		
What the organization can do for you	<ul> <li>The Alberta Ombudsman works to ensure fair treatment through independent investigations, recommendations and education for all Albertans.</li> <li>They listen to your complaint and investigate decisions made by organizations and authorities identified in the <i>Ombudsman Act</i>.</li> </ul>	
Contact	In Edmonton	In Calgary
information	Phone: 780.427.2756 Fax: 780.427.2759 www.ombudsman.ab.ca Edmonton Mailing Address	Phone: 403.297.6185 Fax: 403.297.5121 www.ombudsman.ab.ca Calgary Mailing Address
	Alberta Ombudsman	Alberta Ombudsman
	9925 – 109 Street, Suite 700 Edmonton, Alberta T5K 2J8	801 – 6 Avenue SW, Suite 2560 Calgary, Alberta T2P 3W2
Office of the Child and Youth Advocate (OCYA)		
What the organization can do for you	<ul> <li>OCYA is an independent office of the Legislative Assembly of Alberta, mandated to work with vulnerable young people.</li> <li>The OCYA provides individual and systemic advocacy for children and youth receiving "designated services" as defined under the <u>Child and</u> <u>Youth Advocate Act</u>. This includes young people receiving or attempting to access services under the <i>Child, Youth and Family Enhancement</i></li> </ul>	

	Act and the Protection of Sexually Exploited Children Act; or who are involved with the youth justice system.		
	The OCYA also provides access to legal representation for young people receiving child intervention services, offers public education, and conduct investigations in serious injuries and deaths of young people receiving designated services		
Contact	South Office		
information	#2420, 801 6 Avenue SW, Calgary. AB. T2P 3W3		
	• Call: 403. 297. 8435. Toll Free: 800. 661. 3446		
	• Fax: 403-297-4456		
	Website: www.ocya.alberta.ca		
Distress Centre Calgary			
What the	• Distress Centre Calgary provides you with confidential support when		
organization	you need someone to talk to. No problem is too small for them.		
can do for	• They offer 24 Hour Crisis Support services, crisis counselling, and		
you	suicide crisis. You can contact them 24/7 by phone, text or chat.		
Contact	• Tel: 403. 266. 4357 (Text or phone call)		
information	• Website: www.distresscentre.com		
Other Resources, and Help Lines			
Helplines	• Family Violence Information Helpline: Toll Free 310-1818		
	Mental Health Helpline: 1-877-303-2642		
	Suicide Prevention Hotline: 1-833-456-4566		
	• Abuse Helpline: 1-855-443-5722		
	• Helpline Toll Free 310-1818		
Bullying	<ul> <li>Call 911 if you or someone you know is in immediate danger.</li> <li>Bullying Helpline – Call or text 310-1818 or chat online for support, information or referrals.</li> <li>24-hour help is available</li> </ul>		
	Website: <u>https://www.alberta.ca/abuse-bullying</u>		