



# Essential numbers for seniors in Calgary

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

Telephone language interpretation service available on all lines.