



Essential numbers for seniors in Calgary

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