

# Lethbridge Community Resources

## COVID-19 Edition

\*\*\*Created March 20, 2020. Subjected to change, please call agencies ahead of time to discuss options\*\*\*

When in doubt refer to Community LINKS (403) 328-5465 or Helpseeker.org

WHAT'S THE NEED?



### HOUSING

Home Base (403) 942-7040  
Woods Homes (403) 317-1777



### FOOD

Interfaith Food Bank (403) 320-8779  
Lethbridge Food Bank (403) 320-1879  
My City Care (403) 942-1378

### DELIVERY SERVICES

We Deliver (403) 360-3637  
Torak Express (403) 315-3454



### MENTAL HEALTH SUPPORTS

Kids Help Phone 1-800-668-6868  
Mental Health Help Line 1-877-303-2642  
Addiction Helpline 1-866-332-2322  
Family Violence 310-1818  
Kids Help Phone 1-800-668-6868  
Distress Line of Southwestern Alberta 403-327-7905



### MEDICAL SUPPORT

Health Link 811  
Online Doctor: [purposemed.com](http://purposemed.com) OR Babylon by TELUS Health App  
Need a Family Doctor: [chinookprimarycarenetwork.ab.ca/](http://chinookprimarycarenetwork.ab.ca/)  
Pharmacies that deliver: Stubbs pharmacy, Stafford Pharmacy, Thirtway Pharmacy, Stokes Pharmacy, Costco



### FINANCIAL SUPPORTS

Income Supports 1-866-644-5135  
Regular E.I. Benefits 1-800-206-7218  
E.I. Sickness Benefits (self-quarantine) 1-833-381-2725  
Emergency Care Benefit applications will be available on your CRA Account in April 2020

