

Appendix A

Services and Supports on Campus

Name of Department	Supports Available	Contact Information
Accessibility Services	Connect students with accommodations and resources that are determined on an individual basis and are designed to provide students with equal access to the educational process by reducing barriers.	Phone: 403-357-3629 https://guides.rdpolytech.ca/accessibilityservices accessibility@rdpolytech.ca
Counselling Services	Counselling services and supports are inclusive, confidential, and available to all Red Deer Polytechnic students free of charge.	Phone: 403-343-4064 https://guides.rdpolytech.ca/counsellingservices counselling@rdpolytech.ca
Health, Safety, Wellness Centre	The Health, Safety and Wellness Centre offers first aid and emergency treatment, confidential medical and nursing services, clinical assessments, community referrals, sexual health information, addictions help and referrals, health education, disability or injury management.	Phone: 403-342-3427 health.safety@rdpolytech.ca Room 901, Main Campus
LifeWorks	Red Deer Polytechnic's Employee and Family Assistance Program, through LifeWorks, is a confidential, counselling service for benefit-eligible employees and their families, designed to assist with mental health, work stress, relationships, personal and financial challenges. Available 24 hours a day seven days a week, 365 days a year, LifeWorks offers support and a valuable range of articles, podcasts, tools and resources that promote positive well-being.	Toll-free number: 1-844-671-3327 Visit: login.lifeworks.com/ workhealthlife.com https://lifeworks.com/en
RDP Students' Association My Wellness	Students' Association has implemented mywellness: an e-Mental Health program that moves students from awareness to action. mywellness was specifically developed with the Canadian post-secondary student in mind and focuses on the full cycle of support including awareness, education, and care.	SA Main Office Phone: 403-342-3200 https://www.mystudentplan.ca/reddeer/en/mywellness

Services and Supports Available in the Community

Name of Services	Supports Available	Contact Information
<p>Central Alberta Sexual Assault Response Team</p>	<p>Offering victims of sexual assault compassionate, confidential and non-judgmental care by sexual assault nurse examiners, with specialized education in sexual assault care.</p> <p>Providing forensic examinations within 7 days of the assault. The examiner will:</p> <ul style="list-style-type: none"> • coordinate medical treatment • forensic examinations • police involvement as per the patient's wishes • counselling and follow up <p>Patients aged 12 and younger will be referred to the Sexual Assault Response Team Pediatrician available through the Red Deer Regional Hospital Centre's Emergency Department.</p>	<p>Red Deer Regional Hospital Centre 3942 50A Red Deer, AB Phone: 403-343-4444 https://www.albertahealthservices.ca/info/Page16383.aspx</p>
<p>Central Alberta Sexual Assault Support Centre</p>	<p>Provide Crisis and short-term counselling services are available to those affected by sexual violence. Individual sessions are designed to support personal coping skills and accelerate recovery in people who are experiencing the after-effects of a trauma.</p> <p>Provide 24-hour sexual violence text, online chat and phone help line. Anonymous, confidential support, information and referrals are provided through this help line. Whether you've recently experienced sexual violence, you are a friend of someone who has in the past, or you are a support person who has a question.</p> <p>Play therapy at CASASC focuses on supporting children who have experienced or are affected by sexual violence. This includes sexual assault and sexual abuse.</p>	<p>https://casasc.ca/ Text: 1-866-956-1099 Online Chat: https://m2.icarol.com/ConsumerRegistration.aspx?org=81828&pid=145&cc=en-US Phone: 1-866-956-1099 Phone: 403-340-1124</p> <p>MAIN OFFICE</p> <p>Address: A201, 5212 48 Street Red Deer, AB</p> <p>Access: The office is located on the second floor. Access is through the glass doors street level marked with our signage.</p> <p>Parking: Parking is free in the lot in front of the building.</p>

Name of Services	Supports Available	Contact Information
		<p>Details: The Main Office can accommodate walk-ins and requests for information during business hours.</p> <p>SECONDARY OFFICE Address: 203 and 304, 4820 50 Ave. Red Deer, AB</p> <p>Access: The office is located on the second and third floor of the Bunn Building. Access is through the main doors that face 50 Ave. (Little Gaetz).</p> <p>Parking: There are numerous parking options surrounding the office. Metered parking is available on 50 Ave. and 48 Street.</p> <p>Details: The Secondary office is by appointment only. All other requests can be addressed at the main office.</p>
211 Alberta	24-hour free helpline for support for mental health, legal, crisis, basic needs and financial support.	Dial 211, Text INFO to 211, online chat, www.ab.211.ca
Abuse Helpline	For information on supports related to physical, sexual, emotional, mental abuse, exploitation or neglect. Help is available 24/7 in multiple languages.	Phone: 1-855-443-5722
Across Boundaries	Across Boundaries provides mental health and addictions services and supports for racialized communities within frameworks of anti-racism, combating anti-blackness and anti-oppression, those who are 2SLGBTQ+ and who identify as QTBIPOC (Queer & Trans Black, Indigenous, and Person of Colour).	https://www.acrossboundaries.ca/

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Association of Alberta Sexual Assault Services (AASAS)	24-hour Sexual Assault Crisis Line available by text and chat available online.	Toll Free Call: 1-866-403-8000 Text: 1-866-403-8000 Webchat: https://aasas.ca/
Red Deer Native Friendship Society	Provides cultural programs and services in health, education, youth programming, and cultural connections. Also, to connect with services for people who have been abused or who abuse others	Address: 4808 51 Avenue Red Deer, Alberta T4N 4H3 Phone: 403-340-0020 Email: friendship@rdnfs.com Website: www.rdnfs.com
Catholic Social Services	A multi-function social service agency that serves people of all faiths and cultures throughout central Alberta. Founded in 1961, the agency has grown to deliver more than 100 programs. CSS is divided into Service and Program areas offered in five distinct Regions throughout central and northeast Alberta. Major Service areas include Service, Community Immigration Substance.	<p>Administrative Office 5104 - 48 Avenue Red Deer, AB T4N 3T8 Phone: 403-347-8844 Fax: 403-342-1890</p> <p>Immigration and Settlement Service 202, 5000 Gaetz Avenue Red Deer, AB T4N 6C2 Phone: 403-346-8818 Fax: 403-347-5220</p>
Catholic Social Services – Morning Star	Serving women who are vulnerable, at risk or exploited through support and outreach in addition to our drop-in centre, which has laundry, shower, storage, snacks, computer, phone, weather and hygiene supplies.	https://cssalberta.ca/Our-Services/Morning-Star 5104 48 Ave, Red Deer, AB T4N 3T8 Tues - Thurs: 8:30am - 2pm Phone: 403-347-8844 Email: info@cssalberta.ca
Care for Newcomers	Translation and interpretation services – free for those who apply and qualify. Clients need their permanent resident card or immigration document showing their date of arrival, country of birth/origin, and immigration category to register.	5000 Gaetz Ave, Red Deer, AB T4N 6C2 Phone: 403-346-8818 Email: admin@carefornewcomers.ca
Child Abuse Hotline	To get help if you, or children you know, are being neglected, abused or sexually exploited. If you believe a child is at risk, you must report it. Help is available in multiple languages	Phone: 1-800-387-KIDS (5437)

Name of Services	Supports Available	Contact Information
Family Violence Info Line	24-hour help anonymously in 170+ languages.	Phone: 403-310-1818
Family Violence Online help	<ul style="list-style-type: none"> - English only - average chat session is 30 minutes - set your Internet browser to private mode for a more secure chat - there may be long wait times; use a desktop computer for a faster and more stable connection - if you lose your chat connection, log in again or call 310-1818 (Family Violence Info Line) - after you finish, click 'End chat' before closing your browser 	Call or text 310-1818 or chat online for support, information or referrals. https://www.alberta.ca/family-violence-prevention.aspx
Healing in Colour	Offers an online directory of therapists who identify as Black, Indigenous, and people of colour to help find culturally relevant therapy and other mental health resources. Video sessions are available. “We are committed to anti-oppressive values in everything we do. Our values are pro-queer, pro-trans, pro-sex worker, pro-Black, pro-Indigenous, and anti-colonial. We actively work to disrupt power in all we do, and to be responsible and accountable to the communities we serve. We respect the dignity and agency of BIPOC in all our intersections.”	https://www.healingincolour.com/directory
Health Link	24-hour free helpline for healthcare concerns and advice.	Dial 811
Law Central Alberta – Centre for Public Legal Education Alberta	The Independent Legal Advice for Survivors of Sexual Violence Project (ILA) provides free legal advice to survivors of sexual violence. A team of lawyers trained by ILA staff provides this advice, and each survivor is entitled to up to four hours of legal advice, as well as attendance at legal clinics (as scheduled). ILA is open to adults (18+) of any	Phone: 780-451-8764 https://www.lawcentralalberta.ca/en/independent-legal-advice-survivors-sexual-violence

Name of Services	Supports Available	Contact Information
	gender who live in Alberta and experienced sexual violence in Alberta.	
Law Society of Alberta Lawyer Referral Service	<p>The Law Society’s Customer Service team gathers information about the legal issue and provides contact information for up to three lawyers. An individual may speak with a lawyer for 30 minutes for free (mention the Lawyer Referral Service). The time is used to discuss legal issues, explore options, and evaluate potential costs.</p> <p>Lawyers will not provide free legal advice, and the Lawyer Referral service will only connect you with a lawyer, not provide advice.</p>	Phone toll free from anywhere in Alberta, Saskatchewan, Lower Mainland British Columbia, Yukon, Northwest Territories and Nunavut: 1-800-661-1095
Legal Aid Alberta	<ul style="list-style-type: none"> - Legal Aid Alberta and the Alberta Crown Prosecution Service ensure a complainant in a sexual assault case gets a lawyer quickly and avoids unnecessary delays - Help vulnerable Albertans in sexual assault cases by providing legal support for all complainants whose sexual history, relevant e-mails or text messages, and medical records may come under scrutiny in a trial. - victims of family violence can seek an Emergency Protection Order, which gives police the authority to remove the person alleged to have committed family violence from the home. 	Phone: 1-866-845-3425 Monday – Friday 8:15 a.m. to 4:15 p.m. Closed on holidays
Native Counselling Services of Alberta	<p>Serving the needs of Indigenous people who often feel alienated by complex legal or court matters.</p> <p>Provides programs and services that are grounded in reclaiming interconnectedness, reconciliation of relationships and self-determination.</p>	<p>4814 50 Street Red Deer, Alberta</p> <p>Red Deer Phone 1: 403-347-4377 Red Deer Phone 2: 403-347-4385 Email: info@ncsa.ca</p>
Red Deer 49 th Street Community Health Centre	Sexual Health Clinic Provides emergency contraception, care after a sexual assault	Address 4755 49 Street Red Deer, Alberta T4N 1T6

Name of Services	Supports Available	Contact Information
	<p>(excluding forensic evidence collection) and support.</p> <p>Confidential testing and treatment for sexually transmitted infections (STIs) is available for all ages.</p>	<p>Phone: 403-346- 8336 Toll-free: 1-888-346-9414</p>
Red Deer City Victims Services Unit	<ul style="list-style-type: none"> • Emotional Support or Information • Community Referrals • Court Updates, Court Preparation or Accompaniment 	<p>Red Deer City Victims Services Unit has staff and/or Advocates available in office or to answer phones Monday – Friday from 8:00am – 4:00pm. Email: reddeercityvsu@gmail.com</p>
Red Deer RCMP Sex Crimes Unit	<p>Investigate crimes of a sexual nature, including those perpetrated against children. The goal of the unit is to provide trauma-informed, victim-centered service to survivors of sexual violence.</p> <p>Third Option Program: allows survivors of sexual assault to have evidence collected by trained Sexual Assault Nurses who store the evidence for up to one year. During this time, the victim has the opportunity to decide if they feel comfortable reporting to police.</p> <p>Supportive Reporting Program: for survivors of historical sexual assault that never reported the incident. Allows survivor to discuss options with a trauma-informed, plain clothes police officer at a non-police station location. A Central Alberta Sexual Assault Support Centre worker is able to stay with the survivor throughout the entire process.</p>	<p>Dial 9-1-1 for emergencies or call the Police non-emergency line at 403-343-5575.</p>
Sexual Violence One Line	<p>Alberta’s One Line for Sexual Violence if you need help finding sexual assault support services (9 am to 9 pm daily). 215+ languages.</p>	<p>Call or text 1-866-403-8000 from 9 am to 9 pm daily Chat online in English only: https://aasas.ca/initiatives/ibelieveyouonline/</p>
Victim Services Alberta	<p>Alberta Police Based Victim Service Programs offer information, support and local referrals for victims of crime and tragedy in accordance with</p>	<p>admin@victimservicesalberta.com</p>

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	the provincial guidelines outlined in the Victims of Crime and Public Safety Act , the Victims of Crime Protocol and The Canadian Victims Bill of Rights .	
Voice of Albertans with Disabilities	A cross disability, non-profit organization of and for people with disabilities. We are guided by the principles of Accessibility, Equity and Inclusion. We actively promote full participation in society and provide a voice for Albertans with disabilities.	vad@society.ca Phone: 1-780-488-9088
If you are or your child is under 18		
Child Abuse Hotline	To get help if you, or children you know, are being neglected, abused or sexually exploited. If you believe a child is at risk, you must report it. Help is available in multiple languages	Phone: 1-800-387-KIDS (5437)
Alberta Children's Hospital Emergency Department (Calgary)	If you are 13 years old or younger and have been sexually assaulted in the last 7 days. Tell the triage nurse when you check-in that you have, or your child has been sexually assaulted.	Phone: 403-955-7211 Ask for "CSART Team"
Central Alberta Child Advocacy Centre	The RCMP, Alberta Health Services Addiction and Mental Health, and Central Region Children's Services consult and collaborate on reported concerns of child abuse, including sexual abuse.	4315 55 Avenue Red Deer, Alberta Phone 587-272-2233 https://www.centralalbertacac.ca/
Sheldon M. Chumir Health Care (Calgary)	If you are 14 years or older and you have been sexually assaulted in the last 7 days. Tell the triage nurse when you check-in that you have been sexually assaulted.	28 Oki Drive NW, Calgary Phone: 403-955-6030 – CSART (Calgary Sexual Assault Response Team) information line