

UNSURE OF THE NEXT STEP?

**CALL ACCESS MENTAL HEALTH.
WE CAN HELP.**



- Get information
- Understand what support is available
- Connect with local resources
- Connect to addiction and mental health programs within Alberta Health Services

403-943-1500



**Alberta Health
Services**

**Access
Mental
Health**

ACCESS MENTAL HEALTH

ADDICTION AND MENTAL HEALTH

Information & Referral - Calgary Zone

Open: Mon - Fri 8am - 5pm

Phone: 403-943-1500 (voicemail after hours)

Fax: 403-943-9044

Email: mental.health@albertahealthservices.ca