

Agly crx leI AinSicq ho? (UNSURE OF THE NEXT STEP?)

AYksys mYNtl hYIQ nUM
kwl kro[AsIN mdd kr skdy
hwN[



- ♦ jwxkwrI pRwpq kro
- ♦ smJo ikhVI shwieqw auplbD hY
- ♦ sQwnk swDnwN dy nwl sMprk kro
- ♦ Albytw hYIQ sriviss dy iv`c AYifkS`n
Aqy mYNtl hYIQ pRogrwmwN dy nwl sMprk kro

403-943-1500



**Alberta Health
Services**

**Access
Mental
Health**

ACCESS MENTAL HEALTH

AYifkS`n Aqy mYNtl hYIQ
jwxkwrI Aqy rYPr`l-kYlgrI zon

K`ulw: somvwr qoN S`ukrvwr svyry 8 vjy qoN SwmI
5 vjy q`k Pon: 403-943-1500 (GMitAwN qoN
bwAd vOies myl) PYks: 403-943-9044
eImyl: mental.health@albertahealthservices.ca