

If you, a friend, or a family member needs help for opioid dependency, we can help. Alberta Health Services' opioid dependency program is open to youth and adults across the province.

What is opioid use disorder?

Opioid use disorder (OUD) is when a person uses opioids even though it causes harm to themselves or others.

A simple way to explore if you are living with opioid use disorder is if you experience any of the 4 Cs:

- **Craving**
- Loss of **Control** of the amount or how often you use
- **Compulsion** to use
- Use despite **Consequences**.

Opioid use disorder can be a long-lasting condition that may be life-threatening. It can affect anyone of any status, gender, ethnicity or age.

It can be difficult to ask for help due to the fear of stigma. Our care is provided without judgement, and it is focused on the person needing help.

There is safe and effective treatment for opioid use disorder. Recovery is possible.



Addiction &
Mental Health

You can start today

- Ask the doctor at your community health clinic.
- Call or walk in to any AHS opioid dependency clinic on the list provided on the back.
- Call the Virtual Opioid Dependency Program at **1-844-383-7688**.

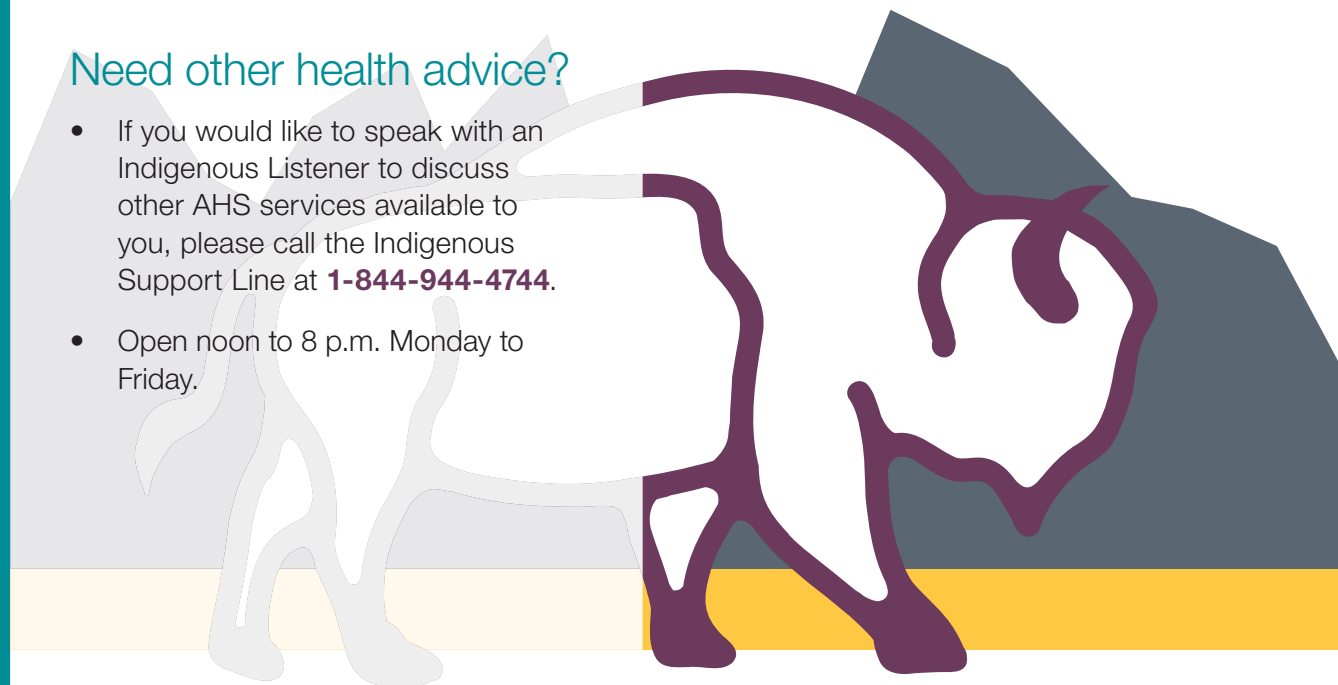
**Open 8 a.m. – 8 p.m.,
7 days per week.**

Help for your opioid use disorder

We're here to support your recovery

Need other health advice?

- If you would like to speak with an Indigenous Listener to discuss other AHS services available to you, please call the Indigenous Support Line at **1-844-944-4744**.
- Open noon to 8 p.m. Monday to Friday.



Face withdrawal together

Withdrawal happens when opioids use is reduced or suddenly stopped. Symptoms include:

- Nausea / vomiting
- Irritability
- Diarrhea
- Chills / sweating
- Muscle / bone pain
- Runny nose
- Insomnia
- Cravings
- (not able to sleep)
- Anxiety / depression.

We'll help you get through withdrawal safely, more comfortably and together.

How can we help?

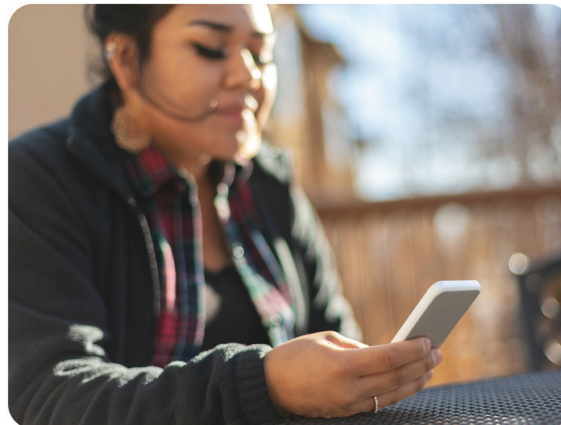
We work together with you to decide which treatment options fit your recovery goals. Treatment works best when it combines medication and support such as:

- Opioid Agonist Therapy (OAT)
 - OAT consists of medications that reduces cravings and withdrawal symptoms
 - A doctor will listen to you and discuss what medication is best for you.
- Psychosocial support
 - Peer support, social worker, addiction counselling, help with housing, finance, legal, relationships, and mental health treatment.

What do we offer you?

In our program, you'll find trained and caring staff along with services such as:

- Medical assessment and same day medication prescriptions
- Education and support to manage your health
- Education and support to reduce the harms of substance use
- Access to naloxone kits
- Screening and treatment of infections
- Individual and group addiction and mental health counselling and recovery skill-building
- Referrals to specialized services and other recovery supports
- If you are unable to stabilize on treatment medication, we offer other forms of specialized care in Edmonton, Calgary, Grande. Prairie, Red Deer, Lethbridge and Medicine Hat.



Finding help

Our Virtual Opioid Dependency Program is available for youth and adults anywhere in Alberta. Call us toll-free at 1-844-383-7688

As well, treatment services for opioid use disorder are available in: (*indicates open on weekends and holidays)

Bonnyville, 4902 50 Avenue, 780-826-8034
| walk-in Mon–Fri

Calgary, 1213 4 St., SW, 403-955-3600
| walk-in 7 days a week

Cardston, 144 2 St., W, 403-653-5283
| walk-in Mon, Tues & Thurs only

Edmonton Downtown, 10225 106 St., 780-342-7810
| walk-in 7 days week

Edmonton, Meadowlark Shopping Centre,
156 Street 87 Ave., 780-342-7810
| by appointment Mon only

Edmonton Northgate, 2nd floor, 9499 137 Ave., 780-342-7810
| by appointment Tues & Thurs only

Edmonton South, 3110 Calgary Trail, 780-342-7810
| by appointment Mon only

Fort McMurray, 339 Powder Drive, 780-793-8339
| walk-in Mon–Fri

Grande Prairie, 11333 106 St., 780-833-4991
| walk-in 7 days a week

High Prairie, 5101 38 St., 780-536-2136
| walk-in Mon–Fri

Lethbridge, 528 6 St., S, 403-388-6227
| walk-in 7 days a week

Medicine Hat, 564 S Railway St., 825-406-6094
| walk-in 7 days a week

Red Deer, 2nd floor, 4805 48 Ave, 403-314-5632
| walk-in 7 days a week

Sherwood Park, Strathcona Community Hospital,
9000 Emerald Dr., 780-342-7810
| by appointment Wed only