

Addiction & Mental Health

Support and resources



Help is available

Classification: Public

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Helplines

The following helplines have translation services and are available toll-free 24/7.

Health Information	Call 811 or visit HealthLink
Health Information, Important Phone Numbers and Tools	MyHealth.Alberta https://myhealth.alberta.ca/pages/emergency-phone-numbers.aspx
Community Supports	Call 211 or visit www.ab.211.ca
Addiction Helpline	1-866-332-2322
Mental Health Helpline	1-877-303-2642 <ul style="list-style-type: none">Edmonton: Access 24/7 at 780-424-2424Calgary: Access Mental Health at 403-943-1500
Distress Lines	<ul style="list-style-type: none">Edmonton: 780-482-HELP (4357)Calgary: 403-266-HELP (4357)
Kids Help Phone	1-800-668-6868 or visit https://kidshelpphone.ca/ Kids Help Phone has interpretation support in English, French, Ukrainian, Russian, Pashto, Dari, Mandarin and Arabic.

This helpline has translation services in English, French and Arabic only and is available 24/7.

Crisis Text Line	Text CONNECT to 741741 Text CONNECT to 686868 (youth)
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Online resources

Helpful resources / workshops	Help in Tough Times. ahs.ca/helpintoughtimes
Community Supports	InformAlberta.ca
Information on staying healthy	Healthy Together – a guide to family and home life during COVID. www.ahs.ca/healthytogether DrugSafe.ca – a resource with information about substances, where to obtain naloxone, and other help.
Online community support	Togetherall – a clinically moderated free online peer-to-peer mental health community. togetherall.com/en-ca/
AHS Programs & Services Information	Addiction & Mental Health Programs & Services. www.ahs.ca/amh Community Based Naloxone Program – information on free naloxone program for opioid poisoning/overdose reversal. www.ahs.ca/naloxone Harm Reduction Services – resources and services to help people stay safer if they are using substances. www.ahs.ca/harmreduction

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Wellness Together Canada	Offers resources for mental health and substance use support. https://www.wellnesstogether.ca/en-CA
Distress Centre Calgary	Offers social and community services, crisis counselling and teen support. https://www.distresscentre.com/
Mobile text messaging service – Hope4Ukraine Mental Health Foundation	Translated in Ukrainian, Russian, and French, people can receive advice and encouragement through daily messages. Стійкість&Надія4Україна text key word: Україна to 1-855-450-2266

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