

If you are feeling distressed you can get:

Crisis support

- call 911
- call the Mental Health Helpline: 1-877-303-2642

Non-urgent help and support

- access non-urgent services listed in the white box
- contact Cancer Care Alberta's **Psychosocial Oncology team** for **cancer related** distress
- contact **Wellspring Calgary** (wellspringcalgary.ca) or **Wellspring Edmonton** (wellspring.ca/edmonton) for a wide range of programs and supports virtually via Zoom and by phone

Psychosocial Oncology - For Cancer Related Distress

This team is made up of different professionals and may include psychologists, psychiatrists, social workers or spiritual care providers.


They offer different supports and services to patients and family members and make referrals to other community resources as needed. They can help with things such as:

- communication
- stress
- coping with treatment side effects
- mood changes
- loneliness
- quality of life
- body image


Call to speak with someone and find out what services are available:


Comprehensive (Tertiary) Cancer Centres


Calgary
Tom Baker Cancer Centre and
Holy Cross Centre
 403-355-3207

Edmonton
Cross Cancer Institute
(Westmount location)
 780-643-4303

Regional Cancer Centres - Ask to speak with a social worker


Grande Prairie
Grande Prairie Cancer Centre
 780-538-7588

Lethbridge
Jack Ady Cancer Centre
 403-388-6800

Medicine Hat
Margery E. Yuill Cancer Centre
 403-529-8817

Red Deer
Central Alberta Cancer Centre
 403-343-4526

Community Cancer Centres


Call your cancer centre and ask about how to make an appointment to see a social worker.  bit.ly/abcancercentres

Where can I get urgent help?

In Crisis

 911

Mental Health Helpline (24/7)

 1-877-303-2642

Non-urgent help:

HealthLink Alberta

 811


Alberta Resources

 www.ahs.ca
> Information For Patients & Families
> Addiction and Mental Health
> [Help in Tough Times](#)

The Canadian Cancer Society

 www.cancer.ca
»  Support Services

Your Primary Care Provider

 Family Doctor or Nurse