Helpful Resources

Canadian Centre for Substance Use and Addiction (CCSA) - Alcohol

- COVID 19, Alcohol and Cannabis Use (Infographic)
- Canada’s Low-Risk Alcohol Drinking Guidelines (Brochure)
- Alcohol and Low-Risk Drinking Quiz
- Know Your Limits with Alcohol – A Practical Guide to Assessing Your Drinking

Drugsafe.ca/alcohol (AHS)

- Alcohol – Know Your Limits
- Alcohol – Tips for Safer Use
- Alcohol – Health Effects
- Alcohol Poisoning (Overdose)
- Click for More DrugSafe Alcohol Resources

Alcohol and Health Series (AHS)

- Low Risk Drinking Guidelines (including What is a Standard Drink)
- Alcohol and the Human Body: Short-term Effects
- Alcohol and Sleep
- Alcohol Combinations (alcohol and - caffeine, cannabis, gambling, medications, opioids, tobacco and other drugs)
- Alcohol and Mental Illness
- Cancer and Other Chronic Disease

MyHealthAlberta.ca

- Topic Overview on Alcohol Use, Health Effects and Alcohol Use Disorder
- Alcohol Problems – How to Stop Drinking
- When Someone in Your Home Misuses Alcohol

Living Healthy – HealthierTogether.ca (AHS)

- Drink Less Alcohol

Teachers and Schools Addiction & Mental Health (AHS)

- Lesson Plans for Teachers and Schools (updated 2019)
- Prevention Strategies

Addiction Helpline

1-866-332-2322

Telephone advice and service referral for adults and youth requiring addiction services. The Addiction Helpline operates 24 hours a day, seven days a week and is available to all Albertans.