


Addiction & Mental Health

Support and resources for Albertans

Helplines

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| Addiction Helpline | 1-866-332-2322 toll-free available 24/7 |
| Mental Health Helpline & Access lines | 1-877-303-2642 toll-free available 24/7 <ul style="list-style-type: none">o Edmonton: Access 24/7 at 780-424-2424o Calgary: Access Mental Health at 1-844-943-1500 Distress Centre at 403-266-HELP (4357) |
| Crisis Text Line | Text CONNECT to 741741 Text CONNECT to 686868 (youth) |
| Health information | 811 Health Link toll-free available 24/7 |
| Wildfire information via Health Link text | Text 'wildfire' to 88111 Receive messages re: air quality, how to report wildfire, resources for planning ahead, mental health supports, & health effects of wildfire smoke. |
| Community Supports | 211 |
| First Nations and Inuit Hope for Wellness | 1-855-242-3310 Online chat: hopeforwellness.ca/ |
| AHS Indigenous Support Line (North and South Zones) | 1-844-944-4744 from noon to 8 p.m., Monday to Friday Indigenous Support Line Alberta Health Services (www.albertahealthservices.ca/info/Page18213.aspx) |
| Other important numbers | https://myhealth.alberta.ca/pages/emergency-phonenumbers.aspx |

Online resources

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| AHS Program & Service information Health Information | Addiction & Mental Health Programs & Services www.ahs.ca/amh My Health Alberta myhealth.alberta.ca/ |
| Helpful resources | Help in Tough Times (www.ahs.ca/helpintoughtimes) Mental Wellness Moment (www.albertahealthservices.ca/amh/page17012.aspx) Text HOPEAB to 393939 to subscribe www.ahs.ca/text4hope |
| Wildfire resources and updates |  Wildfire Resources Alberta Health Services (www.ahs.ca/wildfires) |