

Addiction & Mental Health

Support and resources for Albertans

Helplines

Addiction Helpline	1-866-332-2322 toll-free available 24/7
Mental Health Helpline	1-877-303-2642 toll-free available 24/7 <ul style="list-style-type: none"> o Edmonton: Access 24/7 at 780-424-2424 o Calgary: Access Mental Health at 403-943-2500 Distress Centre at 403-266-HELP (4357)
Crisis Text Line	Text CONNECT to 741741 Text CONNECT to 686868 (youth)
Health information	811 HealthLink 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-phone-numbers.aspx

Online resources

AHS Program & Service information	Addiction & Mental Health Programs & Services www.ahs.ca/amh
Health Information	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
Wildfire resources and updates	 Wildfire Resources Alberta Health Services (www.ahs.ca/wildfires)
Text4Hope	Text HOPEAB to 393939 to subscribe www.ahs.ca/text4hope

Help is available