

CALGARY ZONE

STATS...

**Population 1.5 M** 

**Life Expectancy** 83.5 years

Hospitals 14

Physicians 3,076

AHS Employees 37,000

Volunteers 4,623

Meals Served 3.2 M per year

**Size** 39,300 km<sup>2</sup>

# **DID YOU KNOW...**

- In the 2014/15 influenza season, 511,151 Calgary Zone residents were immunized against influenza... that's more than in any other Zone.
- There are approximately 490,000 Emergency Visits and over 19,000 births each year in the Calgary Zone.
- Over 78,000 MRI exams, 541,000 x-rays, and 28.4 million lab tests are performed each year in the Calgary Zone.
- AHS is significantly expanding continuing care and will add 669 beds in the Calgary Zone in 2015, and another 720 spaces next year.
- Health Link receives over 325,500 calls each year in the Calgary Zone.



# ALPHABETICAL LISTING OF SERVICES BY COMMUNITY • CALGARY ZONE

For more information about health care options, programs and services, contact your local facility at the numbers provided below. Many programs and services, such as Addiction & Mental Health and Public Health, are available through your local health centre, or by visiting albertahealthservices.ca.

#### **AIRDRIE**

Airdrie Mental Health Clinic Addiction & Mental Health 403-948-3878 Airdrie Community Health Centre Community Health Services 403-912-8400 Urgent Care (8:00 a.m. - 10:00 p.m.) 403-912-8500

#### **BANFF**

Banff Community Health Centre 403-762-2990 Addiction & Mental Health 403-762-4451 Community Health Services 403-762-2990 Banff Mineral Springs Hospital 403-762-2222

(24-Hour Emergency Department)

#### **DIAMOND VALLEY**

Oilfields General Hospital 403-933-2222 (24-Hour Emergency Department) Addiction & Mental Health 403-933-3800 Community Health Services 403-933-6505

## **CALGARY**

Acadia Community Health Centre 403-944-7200 Alberta Children's Hospital 403-955-7211 (24-Hour Emergency Department) East Calgary Health Centre Community Health Services 403-955-1250 East Calgary Family Care Clinic 403-955-1400 Foothills Medical Centre 403-944-1110 (24-Hour Emergency Department) North Hill Community Health Centre 403-944-7400 Peter Lougheed Centre 403-943-4555 (24-Hour Emergency Department) Rockyview General Hospital 403-943-3000 (24-Hour Emergency Department)

Shaganappi Community Health Centre 403-944-7373 Sheldon M. Chumir Health Centre 403-955-6200 Addiction & Mental Health 403-955-6200 Community Health Services 403-955-1250 Urgent Care (24 hours) 403-955-6200

South Calgary Health Centre 403-943-9410 Addiction & Mental Health 403-943-9300 Community Health Services 403-943-9500 Urgent Care (8:00 a.m. - 10:00 p.m.) 403-943-9300 South Health Campus 403-956-1111

(24-Hour Emergency Department) Thornhill Community Health Centre 403-944-7500 Tom Baker Community Cancer Centre 403-521-3723

Village Square Community Health Centre 403-944-7000

## CANMORE

Canmore Community Cancer Centre 403-678-5536 Canmore Community Health Centre 403-678-5656 Canmore Community Health Services 403-678-5656 Canmore General Hospital 403-678-5536 (24-Hour Emergency Department) Bow Valley Mental Health Clinic Addiction Services 403-678-3133 Mental Health 403-678-4696

#### CHESTERMERE

Chestermere Community Health Centre Addiction & Mental Health 403-365-5400

#### **CLARESHOLM**

Claresholm Centre for Mental Health & Addictions

Claresholm Community Health Centre Community Health Services 403-625-4061 Claresholm General Hospital 403-682-3700 (24-Hour Emergency Department)

Claresholm Mental Health Clinic Addiction & Mental Health 403-625-4068 Lander Treatment Centre 403-625-1395

#### **COCHRANE**

Cochrane Community Health Centre Addiction & Mental Health 403-851-6100 Community Health Services 403-851-6100 Urgent Care (8:00 a.m. - 10:00 p.m.) 403-851-6000

## **DIDSBURY**

Didsbury District Health Services 403-335-9393 (24-Hour Emergency Department) Addiction & Mental Health 403-335-7285 Community Health Services 403-335-7292

## **HIGH RIVER**

High River Addiction & Mental Health Clinic Addiction & Mental Health 403-652-8340 High River Community Cancer Centre 403-652-2200 High River General Hospital 403-652-2200 (24-Hour Emergency Department) High River Public Health Centre 403-652-2200 Community Health Services 403-652-5450

## **NANTON**

Nanton Community Health Centre Addiction & Mental Health 403-646-2277 Community Health Services 403-646-2218

## OKOTOKS

Okotoks Health & Wellness Centre 403-955-2600 Addiction & Mental Health 403-955-2712 Community Health Services 403-955-6200 Urgent Care (8:00 a.m. - 10:00 p.m.) 403-995-2600

## STRATHMORE

Strathmore District Health Services 403-361-7000 (24-Hour Emergency Department) Strathmore Mental Health Unit Addiction & Mental Health 403-361-7277 Strathmore Public Health Unit Community Health Services 403-361-7200

## **VULCAN**

Vulcan Community Health Centre 403-485-3333 (24-Hour Emergency Department) Community Health Services 403-485-2285 Mental Health Services 403-485-2285

# **CONTINUING CARE FACILITIES**

Continuing care in Alberta includes home care, supportive living, long-term care, hospice and end of life care. Alberta Health Services has programs, services and supports to help Albertans of all ages lead active and fulfilling lives, close to home.

The Calgary Zone has 48 continuing care facilities with over 2,553 beds across the zone. This includes:

**HOME CARE** provides health care services and supports to help people remain in their own homes for as long as possible.

**SUPPORTIVE LIVING** facilities provide care to help people live with as much independence as their abilities allow. AHS works with the sites to ensure the client's health care needs are met.

**LONG-TERM CARE** provides services for people with complex health care needs who can no longer be safely cared for at home or in a supportive living

**NEED HELP? HAVE CONCERNS?** Call Health Link at 811 or visit www.ahs.ca/continuingcare

# IMPORTANT NUMBERS

**ADDICTION SERVICES HELP LINE (24 HOURS)** 1-866-332-2322

ALBERTA QUITS HELPLINE (8:00 AM-8:00 PM) Tobacco 1-866-710-7848

**EMERGENCY SERVICES (24 HOURS)** Ambulance/Fire/Police 911

## **HEALTH LINK 811**

24/7 health advice

**MENTAL HEALTH HELP LINE (24 HOURS)** 1-877-303-2642

POISON AND DRUG INFORMATION SERVICE / **MEDICATION AND HERBAL ADVICE LINE** (24 HOURS) 1-800-332-1414

## PRIMARY CARE NETWORKS

Many family physicians in Alberta are part of a Primary Care Network (PCN). A PCN generally includes a group of family doctors working together with a team of other health professionals such as nurses, nurse practitioners, dietitians and pharmacists to provide care to a defined group of patients.

Services offered by some PCNs might include complex chronic disease support and clinics for patients who are not attached to a family doctor. Some PCNs also provide after-hours options. Today, Alberta has 2 Primary Care Networks and more in development. For more information go to pcnpmo.ca

BOW VALLEY PCN 403-675-3000 (also serving Banff, Canmore, Exshaw, Morley)

CALGARY FOOTHILLS PCN 403-284-3726 (serving Northwest Calgary and Cochrane)

CALGARY RURAL PCN 403-968-3753 (serving Black Diamond, Bragg Creek, Chestermere, Claresholm, Eden Valley a community of the Stoney First Nation, High River, Lake Louise, Langdon, Nanton, Okotoks, Siksika First Nation, Strathmore and Vulcan)

CALGARY WEST CENTRAL PCN 403-258-2745

HIGHLAND PCN 587-360-1702 (serving Airdrie, Carstairs, Crossfield, Didsbury and surrounding areas)

MOSAIC PCN 403-250-5059 (serving East Calgary)

**SOUTH CALGARY PCN** 403-256-3222

# **OPTIONS**

**KNOW YOUR** 

When you need health care, you have many options. Knowing your options will help you get the care that's best for you.

Alberta Health Services offers programs and services at over 400 facilities throughout the province, including hospitals, clinics, continuing care facilities, mental health facilities and community health centres. Our skilled and dedicated health professionals promote wellness and provide health care every day to over four million Albertans.

Find out what Alberta Health Services offers in your local area and how you support your health.

www.ahs.ca/options

# **HEALTH CARE OPTIONS AND INFORMATION**



health advice and information across Alberta. Access is 24-hours, 7days a week and provides support by experienced registered nurses and other healthcare professionals.

**FAMILY DOCTOR** 

Your best option for on-going health needs. Family Doctors can diagnose and treat most medical issues, and can help manage chronic illness and mental health issues.

#### URGENT CARE CENTRES Extended hour access for unexpected, non-life-

threatening health concerns, such as broken bones, pain, infections and cuts.

## **FAMILY CARE CLINICS**

Extended hours care, especially for those who need a family physician, have chronic diseases, or addiction or mental health needs.

WALK-IN CLINICS

Some communities have walk-in clinics that often don't require an appointment. Many offer extended hours.

## PHARMACISTS

Renew prescriptions, assess minor condition symptoms, offer treatment or refer you to the most appropriate treatment location.

## MyHealth.Alberta.ca

This website has trustworthy health information and useful health tools, including a symptom



Use your phone to find hospitals, facilities, programs & services in your area. Emergency wait times are available for the Calgary and Edmonton areas.



CALGARY

ZONE

©2016. Alberta Health Services

