

# Addiction & Mental Health

## Support and resources

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Help is available

Classification: Public

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### 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"><li>Edmonton: Access 24/7 at 780-424-2424</li><li>Calgary: Access Mental Health at 403-943-2500</li><li>Distress Centre at <a href="tel:403-266-HELP">403-266-HELP</a> (4357)</li></ul>
Crisis Text Line	Text CONNECT to 741741 Text CONNECT to 686868 (youth)
Health Information	811 HealthLink toll-free available 24/7
Community Supports	211
Kids Help Phone	1-800-668-6868
First Nations and Inuit Hope for Wellness	1-855-242-3310 Online chat: <a href="https://hopeforwellness.ca/">hopeforwellness.ca/</a>
Other important numbers	<a href="https://myhealth.alberta.ca/pages/emergency-phone-numbers.aspx">https://myhealth.alberta.ca/pages/emergency-phone-numbers.aspx</a>

### Online resources

AHS Program & Service information Health Information	Addiction & Mental Health Programs & Services <a href="http://www.ahs.ca/amh">www.ahs.ca/amh</a> My Health Alberta <a href="https://myhealth.alberta.ca/">myhealth.alberta.ca/</a>
Helpful resources / workshops	Help in Tough Times <a href="http://ahs.ca/helpintoughtimes">ahs.ca/helpintoughtimes</a>
Information on staying healthy	Healthy Together - a guide to family and home life during COVID-19 <a href="http://www.ahs.ca/healthytogether">www.ahs.ca/healthytogether</a>
Online community support	Togetherall – a clinically moderated free online peer-to-peer mental health community: <a href="https://togetherall.com/en-ca/">togetherall.com/en-ca/</a>
Mobile text messaging service – <a href="https://hope4ukraine.org/">Hope4Ukraine   Mental Health Foundation</a>	Translated in Ukrainian, Russian, and French, people can receive advice and encouragement through daily messages. Стойкість&Надія4Україна text key word: Україна to: 1-855-450-2266

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