

NEED HELP FOR MENTAL HEALTH?



Community
Mental Health
Action Plan

mentalhealthactionplan.ca

EDMONTON

Are you in a crisis that is life threatening?

CALL 911

For emergencies (ambulance, fire and police)

Do you need immediate or supportive access to adult addiction and mental health community based programs?

CALL 780.424.2424

For Alberta Health Services adult addiction and mental health access 24/7

OR go to Anderson Hall, 10959 102 Street

Do you need to talk to someone right now?

CALL 211

OR the Distress Line at 780.482 HELP (4357)

OR Alberta Health Services Mental Health Helpline 1.877.303.2642

Do you need help today and are ready to go to walk-in counselling?

CALL 211

OR visit www.dropinyeg.ca

OR visit www.momentumcounselling.org

Do you want information about community support services available in your area?

CALL 211

To speak with someone about where and how to find support near you. OR visit ab.211.ca to chat with someone and search for resources.

Do you have questions about your mental health?

CALL 811

For Alberta Health Services Health Link to speak with a registered nurse about your health
OR call your family doctor