NEED HELP FOR MENTAL HEALTH?

- 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

Disclaimer: This tool was created by the CMHAP. Accuracy of information or updates is the responsibility of CMHAP. August 14, 2019.