



# Mental Health Resources

## PROVINCIAL SUPPORTS

### INFORMATION AND RESOURCES

#### Canadian Mental Health Association

[www.cmha.ca](http://www.cmha.ca)

The Canadian Mental Health Association is a nationwide charitable mental health organization. Its website has a variety of information on mental health and mental illness, programs and services within your community.

#### Public Health Agency Of Canada

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

The Public Health Agency of Canada focuses on preventing disease and injuries, promoting good physical and mental health, and providing information to support informed decision making.

#### Centre For Addiction and Mental Health

[www.camh.net](http://www.camh.net)

The Centre for Addiction and Mental Health is Canada's Top-Ranking hospital, dedicated to supporting Canadians who are struggling with their addiction and mental health. This includes children, women, seniors, and families. CAMH also offers an impressive library of resources and FREE online educational training on a variety of topics available to anyone who is interested in learning more about addiction and mental health.

#### Alberta Health Services

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

Alberta Health Services (AHS) is the single health authority for the province of Alberta. AHS delivers medical care through 400 facilities throughout the province, including hospitals, clinics, continuing care facilities, mental health facilities and community health sites, while providing a variety of programs and services.

#### Primary Care Network

<https://albertafindadoctor.ca/pcn>

PCN follows a team-based health care model. Doctors and health care professionals such as nurses, mental health therapists, social workers and dietitians work collaboratively to provide integrated care for all your primary health care needs. PCN helps individuals get connected to a family doctor, access free/low cost counselling, and provide ongoing education and resources supports.

#### 211 Alberta

<https://ab.211.ca/>

211 is an essential service that helps Albertans find the right resource or service for whatever issue they need help with. 211 is available 24/7 by phone, text and chat. The service is free, confidential and available in over 170 languages over the phone.

### COUNSELLING AND SUPPORT GROUPS

#### Psychology Today

<https://www.psychologytoday.com/ca>

Psychology Today offers resources and tools for those looking to enhance their mental health. Individuals are also able to access registered therapist in their community.

#### Alanon/Alateen

<https://al-anon.org/>

Al-Anon/Al-Ateen is a support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

#### Helpline Support Alberta Health Link

[DAIL: 811](tel:811)

811 Health Link connects you to a Registered Nurse who will help you navigate your health concerns and provide you with appropriate information best suited to your needs. This service is free and is available 24/7/365.

#### Mental Health Hotline

[Dial: 1-877-303-2642](tel:1-877-303-2642)

Provides toll-free, 24/7 telephone service, which offers help for mental health concerns for Albertans. Provides 24/7 confidential, anonymous service, crisis intervention, information about mental health programs and services, referrals to other agencies if needed.

#### Kids Help Phone

[Dial: 1-800-668-6868](tel:1-800-668-6868)

24/7 free confidential professional online and telephone counselling and volunteer-led, text-based support in English and French to youth across Canada. Kids Help Phone also provides information on how to access community support services for youth.

#### Suicide Crisis Helpline

[Call or Text: 988](tel:988)

This service provides confidential support and resources to those experiencing suicidal thoughts. Available 24/7/365, the hotline connects individuals with support and helps them access necessary resources.