

COVID-19 Addiction & Mental Health Resources & Support

Important Phone Numbers – toll-free available 24/7 (Translation services available)

- **Addiction Helpline** [1-866-332-2322](tel:1-866-332-2322)
- **Mental Health Helpline** [1-877-303-2642](tel:1-877-303-2642)
- **Health Link** [811](tel:811)
- Addiction and mental health services in Edmonton or Calgary Zone can be accessed by:
 - **Access 24/7** at **780-424-2424** - Edmonton
 - **Distress Centre** at [403-266-HELP](tel:403-266-HELP) (4357) - Calgary
- **Alberta 211** www.ab.211.ca - Connects Albertans to social and support resources such as financial resources or community and government information.

Support and Information

- Text4Hope - Albertans looking for mental health support can sign up for a free daily text messaging services, www.ahs.ca/text4hope To subscribe text **COVID19HOPE** to **393939**.
- Togetherall - A clinically moderated, free online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7.
<https://togetherall.com/en-ca/>
- Healthy Together - a guide to family and home life during COVID-19
www.ahs.ca/healthytogether

Novel coronavirus (COVID-19)

- www.alberta.ca/covid

AHS Addiction and Mental Health: program and service information

- www.ahs.ca/amh

AHS Help in Tough Times: links and self-help resources such as managing anxiety & stress

- www.ahs.ca/helpintoughtimes

Dr. Nicholas Mitchell Mental Wellness Moment: videos on topics including how to deal with stress and talking to kids about COVID-19

- [Mental Wellness Moments](#)
 - www.youtube.com/user/ahschannel

Health Information

- My Health Alberta <https://myhealth.alberta.ca/>