

Community Addiction & Mental Health Offices

Camrose	780-679-1241	780-672-1181
Consort/Castor/Coronation		403-743-2000
Drayton Valley		780-542-3140
Drumheller		403-820-7863
Hanna		403-854-5276
Hardisty		780-888-3742
Innisfail		403-507-8174
Killam		780-385-7161
Lacombe		403-782-3413
Lamont		780-632-2714
Olds		403 507-8174
Ponoka		403-783-7903
Provost		780-753-6958
Red Deer (Adult Services)		403-340-5466
Red Deer (Children Services)		403-340-5274
Rimbey		403-843-2406
Rocky Mountain House		403-844-5235
Stettler		403-743-2000
Sylvan Lake		403-887-6777
Sundre		403-507-8174
Three Hills		403-443-8532
Tofield		780-672-1181
Vegreville		780-632-2714
Vegreville (Veg AL)		780-632-6617
Vermillion		780-581-8000
Wainwright		780-842-7522
Wetaskiwin	780-361-1358	780-361-1245

For more information, visit:

- ahs.ca/options
- myhealth.alberta.ca

Where do I get help?

Call for 24/7 support

Health Link
811

Mental Health Helpline
1-877-303-2642

Addiction Helpline
1-866-332-2322

Kids Help Phone
1-800-668-6868

Child Abuse Hotline
1-800-387-5437

Bullying Helpline
1-888-456-2323

Seniors Info Line
1-800-642-3853

For emergencies, please go to the nearest emergency department or call 911.

For advice on health issues or help in finding care, call **Health Link at 811**. Registered nurses are available to help 24/7.

Central
Zone

Community Addiction & Mental Health

Service options



What do we offer?

We offer community-based Addiction and Mental Health Services for people of all ages living within Central Alberta.

A professional will talk with you about your concerns, ask you questions, and assist you in determining which service would best meet your needs.

You may be referred or directed to the most appropriate service.

Services are confidential, voluntary and there is no fee.

Who do we provide services for?

- **Children**
- **Youth**
- **Adults**
- **Seniors**
- **Families**



When do I seek help?

When you or someone else has:

- Thoughts, expressions or behaviours relating to suicide.
- An overwhelming feeling of hopelessness or sadness.
- Noticeable change in sleep, weight, memory, concentration, irritability or behaviours.
- Noticed a change in your mood, behaviour or relationships.
- Concerns about your or someone else's use of alcohol, drugs or gambling.
- Talked to friends, family, and/or trusted spiritual or faith based person and require more support.

How do I access Addiction or Mental Health Services?

- You can refer yourself.
- Your physician or another agency may refer you.
- No appointment is necessary.
- You are welcome to walk in or contact any Community Addiction and Mental Health Clinic. (Listed on back.)

Clinics are open:

**Monday – Friday
8 a.m. to 4:30 p.m.**

Closed weekends and holidays

Call to confirm.

All services are free and confidential.

