

Community Addiction and Mental Health Clinics

Addiction:	
Camrose	780-672-1181
Drayton Valley	780-542-5669
Drumheller	403-823-1660
Provost	780-753-6958
Red Deer	403-340-5274
Stettler	403-742-7523
Wainwright	780-842-7619
Wetaskiwin	780-361-1358
Mental Health:	
Camrose	780-679-1241
Consort	403-577-3770
Drayton Valley	780-542-3140
Drumheller	403-820-7863
Hanna	403-854-5276
Hardisty	780-888-8317
Innisfail	403-227-4601
Killam	780-385-7161
Lacombe	403-782-3413
Lamont	780-895-5817
Lloydminster	306-825-5523
Olds	403-507-8174
Ponoka	403-783-7903
Provost	780-753-2575
Red Deer	403-340-5466
Rimbey	403-843-2406
Rocky Mountain House	403-844-5235
Stettler	403-743-2000
Sylvan Lake	403-887-6777
Three Hills	403-443-8532
Tofield	780-662-7061
Vegreville	780-632-2714
Vermillion	780-581-8000
Wainwright	780-842-7522
Wetaskiwin	780-361-1245

WHERE DO I GET HELP?

All listed help lines are available 24 hours a day, 7 days a week.

- Health Link
1-866-408-5465
- Mental Health Helpline
1-877-303-2642
- AHS Addiction & Smokers Help Line
1-866-332-2322
- Children's Services Hotline
1-800-638-0715
- Kids Help Phone
1-800-668-6868
- Child Abuse Hotline
1-800-387-5437
- Seniors Info Line
1-800-642-3853

If you or someone you know is in a crisis situation and there is a danger of harm to yourself or someone else, call 911 or go to the nearest

Hospital Emergency Department



Revised 19/09/2011



Community Addiction & Mental Health Services

Central Zone



Health Link Alberta

Call toll free:

1-866-408-LINK (5465)

Edmonton: 780-408-LINK

Calgary: 403-943-LINK

WHO DO WE PROVIDE SERVICES FOR?

- Children
- Adults
- Seniors
- Families
- Friends

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 will be referred or directed to the most appropriate service.
- Services are confidential, voluntary and there is no fee.

More information about programs offered by Addiction & Mental Health Services can be accessed through the clinics listed or the Alberta Health Services Website: www.albertahealthservices.ca

WHEN DO I SEEK HELP?

Seek help when:

- You have an overwhelming feeling of hopelessness, or sadness.
- You or others see a noticeable change in sleep pattern, weight, memory, concentration, irritability or behaviors.
- You or others have noticed a change in your mood, behavior or relationships.
- You or others worry about your alcohol, drug use or gambling.
- You are concerned about someone else who is using alcohol, drugs or gambling.
- Ways you have handled similar situations in the past are not working (such as talking to friends, family support, and spiritual advisor).
- Any thought, expression or behaviors relating to suicide must be taken seriously and responded to immediately.

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 generally open:
Monday – Friday
8:00 a.m. to 4:30 p.m.
Closed weekends
And holidays

