

Mental Health and Addiction

Get Help

Mental health and addiction challenges can affect anyone, at any time. If you or someone you care about needs help, support is available.

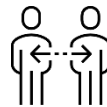
211 Alberta

Call, text or chat.
Free | Confidential | Live answer 24/7
Available in 240 languages (phone)
Dial 2-1-1 or visit ab.211.ca

Your primary access point for mental health and addiction services and supports, including:



Crisis supports



Affordable counselling



Treatment



Professional and peer support

211 community navigators will listen, assess your needs, help you navigate options and connect you to the support you need.









If you're feeling overwhelmed or need help right away, 211 can connect you to immediate, confidential support.

211 also offers access to community and social supports, including:

- Emergency housing and shelters
- Food banks and meal programs
- Bullying prevention and support
- Financial aid and income assistance
- Legal resources
- Support for seniors, newcomers and more

One number. Countless connections.

Always call 911 in an emergency.

Virtual Supports	
Counselling Alberta 	<p>Counselling Alberta offers affordable online and in-person counselling services to Albertans with no wait.</p> <p>Visit counsellingalberta.com or contact 211 Alberta to register.</p>
Virtual addiction treatment 	<p>The Virtual Opioid Dependency Program (VODP) offers same-day support to individuals (youth and adults) struggling with opioid use. Call 1-844-383-7688 seven days a week, from 8 a.m. – 8 p.m. / visit vodp.ca.</p> <p>The Virtual Rapid Access Addiction Medicine program offers rapid, low-barrier treatment for non-opioid substance use and behavioural addiction (e.g., gambling) concerns. Call 1-844-383-7688 Monday to Friday, 8:15 am – 4:30 p.m.</p>
Kids Help Phone 	<p>Free, 24/7 access to multilingual counselling and crisis services for children, youth and young adults.</p> <p>Text CONNECT to 686868 or call 1-800-668-6868.</p>
Kickstand Connect 	<p>A virtual clinic for young people aged 11 to 25 to access free, confidential mental health and substance use counselling, peer support, employment services, workshops and support groups.</p> <p>Visit mykickstand.ca/connect.</p>
Text4Hope 	<p>Daily text messages to help Albertans develop healthy coping skills and build resiliency during stressful times.</p> <p>Text HOPEAB to 393939 to subscribe. Text Open2Change to 393939 for the addiction program.</p>
MoreGoodDays 	<p>Daily text messages for young people offering inspiration and advice, helping to shift perspective and offer positivity.</p> <p>Text MoreGoodDays to 393939 to subscribe.</p>
Health Supports	
Indigenous Support Line 	<p>Indigenous listeners, who are health care advisors, help First Nations, Métis and Inuit people to access culturally appropriate support and connect to health services.</p> <p>Call 1-844-944-4744 from 10 a.m. – 6 p.m., Monday to Friday, or visit ahs.ca/ISL.</p>
811 Health Link 	<p>A single point of contact for health advice and information on health services.</p> <p>Call 811 or 1-866-408-LINK (5465) / visit myhealth.alberta.ca.</p>

For more information on help in tough times, visit alberta.ca/mentalhealth.

For more information on the emergency and supports for evacuees, visit alberta.ca/emergency.