

Addiction and Mental Health

COVID-19 Helpful Resources

Important Phone Numbers – toll-free available 24/7

- 1-877-303-2642 - [Mental Health Helpline](#)
 - Help for mental health concerns such as information about programs, services and referrals to other agencies, if needed.
- 1-866-332-2322 - [Addiction Helpline](#)
 - Advice and service referral for adults and youth requiring addiction services.
- 811 – Health Link www.ahs.ca/healthlink
 - Provides general health information for Albertans including COVID-19 related testing information.
- 211 – 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, [Text4Hope](#).
 - To subscribe text **COVID19HOPE** to **393939**.
- Healthy Together - a guide to family and home life during COVID-19 www.ahs.ca/healthytogether

On-line links to helpful resources

Novel coronavirus (COVID-19)

- www.alberta.ca/covid including access to screening and assessment tool.

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](https://www.youtube.com/user/ahschannel) - www.youtube.com/user/ahschannel

Health Information

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