

**Alberta Calgary Zone**

(Main website: <https://www.albertahealthservices.ca/amh/amh.aspx>)

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**Need immediate help? 24/7**

If this is an emergency, call **911**, or:

Go to the nearest urgent care or emergency room.

**Need someone to talk to? 24/7**

- **Distress Centre Calgary**
    - Call **403-266-HELP** (4357)
  - **Addiction Helpline**
    - Call **1-866-332-2322** Translation services are available
  - **Mental Health Helpline**
    - Call **1-877-303-2642** Translation services are available
  - **Health Link**
    - Call **811** to speak with a Registered Nurse about your health concerns
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**Looking for a service?**

- Health Link
    - Call 811 to have an Information & Referral Specialist help find the service that's right for you
    - Visit website (<https://www.albertahealthservices.ca/info/Page12630.aspx>)
  - Access Mental Health
    - Call 403-943-1500
    - Visit website (<https://www.albertahealthservices.ca/services/Page11443.aspx>)
  - Tobacco Counselling
    - Visit website albertaquits (<https://albertaquits.healthiertogether.ca/>)
  - InformAlberta
    - Website <https://informalberta.ca/>
    - Go to Directories →South→ Calgary Area→
      - Adult Addiction and Mental Health Services - Calgary Zone
      - Calgary Zone/Southern Alberta Support
      - Mental Health & Addiction
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**Additional resources and self-help information:**

- Please access the AHS "Help in Tough Times" website  
<https://www.albertahealthservices.ca/amh/page16759.aspx>