

Alberta Edmonton Zone

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

Need immediate help? 24/7

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

Go to the nearest urgent care or emergency room.

Looking for help? Need support? In crisis?

- **Access 24/7**
 - Call **780-424-2424** for adult Addiction & Mental Health access 24/7
 - **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>)
 - Tobacco Counselling
 - Visit website [albertaquits \(https://albertaquits.healthiertogether.ca/\)](https://albertaquits.healthiertogether.ca/)
 - InformAlberta
 - Website <https://informalberta.ca/>
 - Go to Directories → Central → Edmonton Area →
 - Addiction & Mental Health Services - Edmonton
 - → Addiction and Mental Health Services - Adults
 - Addiction and Mental Health Services - Adults
 - Addiction and Mental Health Services - Edmonton Zone
 - Adult Addiction and Mental Health Services – Edmonton Zone
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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>