

Alberta North 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 emergency room.

Need someone to talk to? 24/7

- 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>)
 - Tobacco Counselling
 - Visit website [albertaquits \(https://albertaquits.healthiertogether.ca/\)](https://albertaquits.healthiertogether.ca/)
 - Access Addiction and Mental Health (AAMH)
 - Call 1-888-594-0211 to have an Information & Referral Specialist help find the service that's right for you.
 - Visit service listing (<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1082997&serviceAtFacilityID=1130930#contentStart>)
 - InformAlberta
 - Website <https://informalberta.ca/>
 - Go to Directories → Northern Alberta → Addiction and Mental Health Services - Adults
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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>