

Alberta South 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.

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.
 - <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1082997&serviceAtFacilityID=1130929#contentStart>
 - InformAlberta
 - Website <https://informalberta.ca/>
 - Go to Directories →South→ Southern Alberta→
 - Addiction and Mental Health Services - South
 - Addiction and Mental Health Services - Adults
 - Addiction and Mental Health Services - South 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>