

It's quick and easy.  
We're open Monday to Friday  
1-888-594-0211

## Explore your options

Our professional teams put you first. We'll work with you to assess your concerns and needs.

Together, we'll explore and explain your options, including what Alberta Health Services program or other service may be right for you.



## Need support?

### Access Addiction & Mental Health

Our service is for anyone of any age looking for non-urgent advice, information and appointments for addiction and mental health concerns.

**1-888-594-0211**  
**Monday to Friday**  
**8:30 a.m to 4:30 p.m.**



For 24-hour support,  
call the Addiction &  
Mental Health Helpline  
at 1 (877) 303-2642

Access Addiction  
& Mental Health

# It helps to have help



We're here for you

## Ready to work with you

If you're having problems with an addiction or your mental health, you are not alone. Mental health problems are common. One in five Canadian adults will have a mental disorder during their life. Research shows half of all lifetime cases of mental illness begin by age 14.



In Alberta, help is a phone call away for children and adults. When you call Access Addiction & Mental Health, you'll connect to highly skilled health professionals ready to work with you—right now.

We listen to your concerns and find the services and support right for you.

## Mental health includes...

Mental health includes addictions to substances and behaviours as well as mental illnesses, increased stress, negative emotions, resilience, poor body image and self-esteem, all-or-none thinking and a host of other problems.

Like your overall health, mental health also includes getting professional help when things don't feel right.



Access Addiction & Mental Health is for non-urgent support to help you find the services to help. Make calling us your first step on your recovery journey.

Call us today to learn more.

## Access Addiction & Mental Health is a new and easy way to get addiction and mental health services where you live



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