

Alberta Health Services – Addiction & Mental Health is a toll free, confidential service that provides alcohol, tobacco, drug and problem gambling support.

- www.albertahealthservices.ca/amh/amh.aspx
- 24-hour helpline: 1-866-332-2322 / 403-529-3500

Alberta Gamblers Anonymous is a fellowship of people who share their experience, strength and hope with each other that discuss common problems with each other and work towards recovery.

- www.albertaga.net
- Calgary Office 1-855-222-5542
- In person and virtual meetings are offered, please visit www.albertaga.net for a list of meeting times and locations.

Gam-Anon assists families and friends dealing with problem (compulsive) gambling and its financial and emotional effects on everyone involved.

- www.gam-anon.org/index.php/meeting-directory/canada-meeting-directory/alberta
- 403-237-0654

GamTalk (online, non-counseling resource) is an online community for people with gambling issues to share their experiences and ideas.

- www.gamtalk.org

SMART Recovery is a free, self-help program that may help people recover from all types of addictive behaviors.

- www.smartrecoveryalberta.org
- 403-866-9167
- In person and Zoom meetings are offered, please visit www.smartrecoveryalberta.org for a list of meeting times and locations.
- SMART Recovery - online forum & message boards online www.smartrecovery.org/community/

Problem Gambling Resource Network provides problem gambling awareness, education, prevention, advocacy and treatment referrals.

- www.problemgamblingalberta.ca
- Edmonton Office 780-461-1259
- info@pgrn.ca

Crisis Services

911 Emergency
RCMP 403-529-8481

211 Community Information Line Information and referral service that connects people to the full range of community, social, government and health services.

Distress & Suicide Prevention - Southwestern Alberta

- Helpline 1-888-787-2880 / 403-327-7905

Financial Services

Money Mentors assists with creating a healthier financial future. The Orderly Payment of Debts program provides an easy and stress-free way to repay debts in a cost-effective manner. Offers free online financial courses.

- www.moneymentors.ca
- 1-888-294-0076

Health Services

811 Health LINK Alberta provides health advice and information. 24/7 support is provided by experienced registered nurses and other health-care professionals. Servicing the province of Alberta.

Community Mental Health

Alberta Wide Mental Health Help Line

- www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1047134
- www.informalberta.ca/public/service/serviceProfileStyled.do?serviceQueryId=3746
- 1-877-303-2642

Hope for Wellness Helpline offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

- www.hopeforwellness.ca
- 24-hour helpline: 1-855-353-3310

Disclaimer: Please contact Alberta Health Services (AHS), the Canadian Mental Health Association (CMHA) or a physician for information regarding treatment centers in Alberta.