

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 / 403-340-5466

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
- Edmonton Office 780-463-0892
- 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.calgaryaddiction.com/pages/service-provider-information/gam-anon.php
- 780-781-7589

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

- www.gamtalk.org
- AA / AI Anon & AI-Ateen 587-377-1117

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

- www.smartrecoveryalberta.org
- 403- 896-9078
- In person and Zoom meetings are offered, please visit www.smartrecoveryalberta.org for a list of meeting times and locations.

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 403-343-5575

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

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

Native Friendship Centre

- www.reddeercityvsu.ca/knowledge-base/red-deer-native-friendship-centre
- 4808 51 Ave. Red Deer
- 403-340-0020

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