

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

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 Edmonton Office 1-780-463-0892
- Lethbridge Office 1-403-331-0822
- In person and virtual meetings are available, please visit <https://albertaga.net/00diary/>

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
- 1-866-332-2322

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.

- In person and virtual meetings are available
- <https://smartrecoveryalberta.org/meetings>
- Calgary Office 1-403-619-4210
- Edmonton Office 1-780-934-4267
- SMART Friends and Family for people impacted by the addictive behaviour of someone close to them
- www.smartrecoveryalberta.org or www.smartrecovery.org/community/
- Friends & Family - A program that provides effective, easy-to-learn tools to help Friends and Family members communicate effectively and support their loved one, without supporting the addictive behavior.
- <https://meetings.smartrecovery.org/meetings/?coordinates=50&location=alberta>

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

- www.problemgamblingalberta.ca
- Edmonton Office 1-780-461-1259
- Email: info@pgrn.ca

Crisis Services

911 Emergency

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

For more details on the community resources listed, please contact a GameSense Advisor in your area, visit AGLC.ca/Self-Exclusion or call 1-844-468-8034

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