

**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](http://www.albertahealthservices.ca/amh/amh.aspx)
- 24-hour helpline: 1-866-332-2322 / 780-427-2736
- ACCESS 24/7 780-424-2424 below 24 hour helpline toll-free number

**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](http://www.albertaga.net)
- Edmonton Office 780-463-0892
- In person and virtual meetings are offered, 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](http://www.gam-anon.org/index.php/meeting-directory/canada-meeting-directory/alberta)

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

[www.gamtalk.org](http://www.gamtalk.org)

**SMART Recovery / SMART Friends and Family Program** is a free, self-help program that may help people recover from all types of addictive behaviors.

- [www.smartrecoveryalberta.org](http://www.smartrecoveryalberta.org)
- 780-679-4357
- In person and virtual meetings are available
- SMART Recovery - online forum & message boards online
- 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](http://www.problemgamblingalberta.ca)
- Edmonton Office 780-461-1259
- [info@pgrn.ca](mailto:info@pgrn.ca)

## Crisis Services

**911 Emergency / Non-Emergency 780-423-4567**

**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](http://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](http://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1047134)
- 1-877-303-2642

### Alberta Mental Health Clinic

- <https://www.albertahealthservices.ca/amh/amh.aspx>
- 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](http://www.hopeforwellness.ca)
- 24-hour helpline: 1-855-242-3310

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