

**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

**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)
- Calgary Office 1-855-222-5542
- Edmonton Office 1-780-463-0892
- Lethbridge Office 1-403-331-0822

**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)
- 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](http://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](http://www.smartrecoveryalberta.org)
- 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](http://www.smartrecoveryalberta.org)
- SMART Recovery - online forum & message boards online  
[www.smartrecovery.org/community/](http://www.smartrecovery.org/community/)

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

- [www.problemgamblingalberta.ca](http://www.problemgamblingalberta.ca)
- Edmonton Office 1-780-461-1259
- Email: [info@pgrn.ca](mailto: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](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)
- [www.informalberta.ca/public/service/serviceProfileStyled.do?serviceQueryId=3746](http://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](http://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](http://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.