LOCAL SUPPORTS

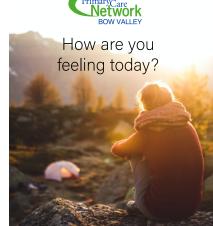
Bow Valley Addiction and Mental Health (AHS) 403-678-4696

Cochrane Community Health Centre Mental Health Counselling (AHS) 1-403-851-6100

Distress Centre Calgary
Phone: 1-403-266-4357
Online chat: distresscentre.com

Walk-in Mental Health Counselling at Banff Hospital 403-762-2222 & Canmore Hospital 403-678-5536 from 2-9 pm daily

Contact your Family Doctor
If you don't have one
visit bowvalleypcn.ca or
call 403-675-3000 to find
local doctors accepting
new patients.



Support and Resources for Bow Valley Residents bowvalleypcn.ca

revised March 2021

PROVINCIAL SUPPORTS

Alberta 211 Community & Social Services Health Line

Text or phone: 211 online chat: ab.211.ca

AHS HealthLink 811

AHS Mental Health Help Line 1-877-303-2642

Bullying Help Line Text or phone: 1-888-456-2323 bullyfreealberta.ca

Crisis Services Canada Suicide-specific concerns: 1-833-456-4566 Text: 45645

Kids Help Phone Phone: 1-800-668-6868 Text: CONNECT to 686868

PROBLEMATIC SUBSTANCE USE

Alcoholics Anonymous (AA) 1-877-678-3811

Bow Valley Addiction and Mental Health (AHS) 403-678-4696

Narcotics Anonymous (NA) 1-877-463-3537

WEBSITES

anxietycanada.ca keltyskey.com smartrecovery.org togetherall.com woebothealth.com

APPS

Headspace Hypnobox Mindshift

If you are at risk of harming yourself or others, please call 911 immediately.