

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.

A photograph of a person sitting on a large rock in a mountainous landscape at sunset. The person is wearing a dark jacket and a light-colored scarf, and is looking out over the valley. The sun is low on the horizon, creating a warm, golden glow. In the background, there are mountains and a tent pitched on the ground.

How are you
feeling today?

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.