

Local Supports

Bow Valley Primary Care Network

Short-term mental health services
for adults 18+
403-675-3000

AHS Access Mental Health

Addiction and/or mental health services
for youth and adults 18+
1-844-943-1500

Walk-in Mental Health Services

Daily: 2 PM to 9 PM
Banff Hospital: **403-762-2222**
Canmore Hospital: **403-678-5536**

Calgary Distress Centre (24/7)

Phone: **1-403-266-4357**
Online chat: **distresscentre.com**

Community Connect YYC

Rapid access virtual counselling
communityconnectyyc.ca

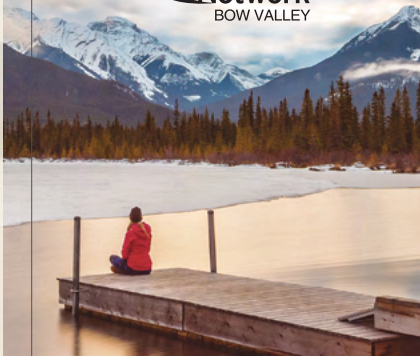
Find a Family Doctor

Visit: **albertafindadoctor.ca**
Find a doctor by phone: **811 Health Link**

Photo Credit: Erik McRitchie/Travel Alberta

Mental Health

Resources & Supports



bowvalleypcn.ca

Provincial Supports

Alberta 211

Community and 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: **310-1818**
alberta.ca/bullying-find-supports

Indigenous Hope for Wellness
Help Line (24/7): 1-855-242-3310

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

Suicide Crisis Helpline (24/7): 9-8-8

Addiction & Substance Use

AHS Access Mental Health
1-844-943-1500

Addiction Help Line (24/7)
1-866-332-2322

Alcoholics Anonymous (AA)
1-403-777-1212

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

Recommended Websites

Bow Valley site: **seethesigns.ca**
keltyskey.com | smartrecovery.org
togetherall.com | anxietycanada.com
wellnesstogether.ca

If you are at risk of harming yourself or others

Call 911
Immediately