

## Mental Health Help Line

Trained staff are available to provide telephone support 24 hours a day for individuals with urgent needs.

## We can help



**Toll Free at:  
1-877-303-2642**

**Health Link Alberta**  
Call toll free:  
1-866-408-LINK (5465)  
Edmonton: 780-408-LINK  
Calgary: 403-943-LINK

## Mental Health Clinics

|                |                |
|----------------|----------------|
| Athabasca      | 780-675-5404   |
| Barrhead       | 780-674-8243   |
| Bonnyville     | 780-826-2404   |
| Cold Lake      | 780-639-4922   |
| Edson          | 780-723-8294   |
| Fairview       | 1-877-823-6433 |
| Fort McMurray  | 780-791-6194   |
| Grande Cache   | 780-827-4998   |
| Grande Prairie | 780-538-5160   |
| High Level     | 1-877-823-6433 |
| High Prairie   | 1-877-823-6433 |
| Hinton         | 780-865-8247   |
| Jasper         | 780-852-6616   |
| Lac La Biche   | 780-623-5230   |
| Mayerthorpe    | 780-786-2279   |
| Onoway         | 780-967-9117   |
| Peace River    | 1-877-823-6433 |
| Slave Lake     | 780-805-3502   |
| St. Paul       | 780-645-1850   |
| Swan Hills     | 780-333-4241   |
| Valleyview     | 780-538-5160   |
| Westlock       | 780-349-5246   |
| Whitecourt     | 780-706-3281   |

Contact your local  
Clinic for hours of operation



## Mental Health Services

# Mental Health Services in your Community

## Who should call us?

Mental Health Services help individuals and family members who are experiencing mental health problems. This may include mental illness such as:

- Depression
- Postpartum Depression
- Anxiety
- Obsessive Compulsive Disorder
- Schizophrenia

Services are available to all age groups from children to seniors.

If you are not sure if these services are right for you, you can ask to talk to one of our therapists for assistance.

## How do I obtain services?

- No referral is necessary and our services are free to Albertans as our costs are covered by your Alberta Health Care
- You can call yourself or a medical practitioner can also refer you

## What do we do?

- Talk to all callers as soon as possible (one business day)
- Discuss problem with caller and develop a plan to meet needs
- Provide mental health services through community programs

## What services are provided?

- Assessment, diagnosis, treatment, therapy and support
- Referrals to other professional or community agencies when appropriate
- Services and support to mental health patients discharged from hospitals to assist them in returning to community life
- Information to individuals, community agencies or groups about mental health/ illness and suicide prevention

## What additional community supports are available?

- Mental health promotion and prevention
- Support for the seriously mentally ill in the community.
- Contact the nearest clinic for information on possible travel clinics



For more information visit the AHS website at:

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)