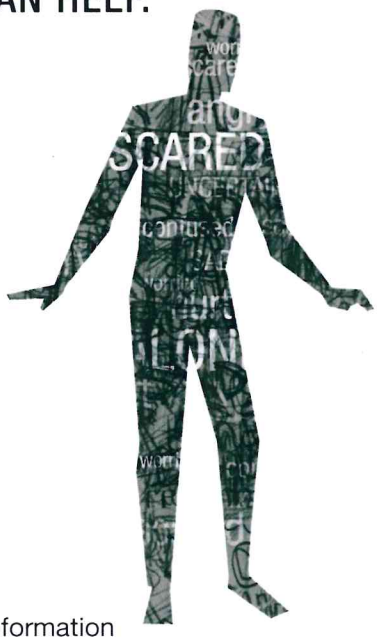
UNSURE OF THE NEXT STEP?

CALL ACCESS MENTAL HEALTH. WE CAN HELP.



- Get information
- Understand what support is available
- Connect with local resources
- Connect to addiction and mental health programs within Alberta Health Services

403-943-1500

Alberta Health Services

Access Mental Health

ACCESS MENTAL HEALTH

ADDICTION AND MENTAL HEALTH
Information & Referral - Calgary Zone

Open: Mon - Fri 8am - 5pm
Phone: 403-943-1500 (voicemail after hours)
Fax: 403-943-9044
Email: mental.health@albertahealthservices.ca

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