

Mental Health Supports

If you need help to cope with the COVID-19 situation, please access crisis support services listed below.



Alberta Health Services Access 24/7
(Mental health crisis, adult addiction and central intake)
780-424-2424

Alberta Health Services Mental Health Help Line 24/7
1-877-303-2642

Canadian Mental Health Association
780-482-4357 or 1-800-232-7288

Mental Health Crisis
780-342-7777

Alberta Heartland Primary Care Network
780-997-0046

Victim Services
780-942-3704

Children's Mental Health Crisis Line
Monday to Friday: 8:00am-10:45pm
Weekends and Stat Holidays: 10:00am-10:45pm
780-427-4491

Other Health and Support Contacts

Call 911 if you need immediate emergency help

Health Link: 811

Call 211 for information and referral to community, social, health and related government services in Alberta

Alberta Supports, Emergency Income Support Contact Centre
1-866-644-5135