






Wildfire Evacuee Information: Mental Health and Addiction Support

If you're struggling or need someone to talk to, help is available.
Please consider reaching out to one of the following resources:

<p>211 Alberta</p> 	<p>211 Alberta is a 24/7 crisis line and single point of contact for digital supports and services near you – no matter where you are in the province.</p> <p>Call or text INFO to 211 or visit ab.211.ca.</p>
<p>Counselling Alberta</p> 	<p>Counselling Alberta offers affordable virtual and in-person counselling services to Albertans in need.</p> <p>Call 1-833-827-4230 or visit counsellingalberta.com.</p>
<p>Mental Health Help Line</p> 	<p>Alberta Health Services (AHS) provides 24/7 confidential support, information and referrals to Albertans experiencing mental health concerns.</p> <p>Call 1-877-303-2642 or visit ahs.ca/helpintoughtimes.</p>
<p>Indigenous Support Line</p> 	<p>This confidential AHS helpline helps First Nations, Métis and Inuit people in the North Zone access culturally safe support and connect to health services.</p> <p>Call 1-844-944-4744 from noon to 8 p.m., Monday to Friday.</p>
<p>Kids Help Phone</p> 	<p>Kids Help Phone provides 24/7 access to counselling and crisis services for children, youth and young adults.</p> <p>Call 1-800-668-6868 or text CONNECT to 686868.</p>

Psychologists' Association of Alberta



The Psychologists' Association of Alberta provides up to three free sessions with a psychologist to those impacted by the wildfires, including evacuees and first responders.

Contact the [Disaster Response Network](#) at 780-424-0294 or paa@paa-ab.ca.

Addiction Help Line



AHS provides 24/7 confidential support, information and referrals to Albertans experiencing addiction and mental health concerns.

Call 1-866-332-2322 or visit ahs.ca/helpintoughtimes.

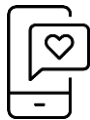
Virtual Opioid Dependency Program



The Virtual Opioid Dependency Program offers same-day treatment for Albertans struggling with opioid addiction, including opioid agonist treatment medications.

Call 1-844-383-7688 seven days a week, from 8 a.m. to 8 p.m. or visit vodp.ca.

Text4Hope



Text4Hope provides encouragement through daily text messages to help Albertans develop healthy coping skills and build resiliency during stressful times.

Text HOPEAB to 393939 to subscribe.

811 Health Link



Health Link is a single point of contact for health advice and information on health services.

Call 811 or 1-866-408-LINK (5465) or visit myhealth.alberta.ca.

For more information on the emergency and supports for evacuees, visit alberta.ca/emergency.