On Wednesday July 19, 2023, a sod turning ceremony took place west of the former Moses Lake Bus co-op and started at 11:00 AM sharp with an opening prayer by Elder Arnold Mountain Horse.

The opening remarks encouraged the community by stating, that we all have a voice in the opioid crisis, it’s often been said that it takes people to fix people not systems, and with everyone’s support, we will work towards a better future said Charles Weasel Head, BTDH Board of Director.

The day continued with further presentations by guest speakers from Mental Health and Addictions Minister Dan Williams, Minister Rick Wilson - Indigenous Relations, Derrick Fox CEO BTDH and Chief and Council representative Piinaakoyim Tailfeathers.

Amid a warm refreshing Rocky Mountain breeze drums began to play the honor dance song by drummers Stirling Crying Head, Cody Mountain Horse, Quaide Mountain Horse, and Arnold Mountain Horse (Moccasin Flats Drum Group). Blood Tribe leadership, dignitaries, and elders danced in the spirit of reconciliation.

The new 75 bed facility will bring refuge and hope to our community as we return to the traditional ways of healing. Through compassion we can return to balance.
Naloxone Pick Up Sites

Naloxone is a drug that temporarily reverses effects of an opioid poisoning or overdose. Any overdose or poisoning response should always begin with a 911 call for emergency support. These are sites where anyone can pick up a kit free of charge and are available at local pharmacies and community sites.

Cardston
• Cardston Remedy’s Rx Pharmacy - 321 Main St ...........................................403-659-1100
• DRUGStore Pharmacy - 120, 2nd St E ..........................................................403-653-3352
• Pharmasave - 71 2nd Ave W ......................................................................403-653-4466
• Addiction and Mental Health - Opioid Dependency Program - 2nd Floor, 144 2 St W .................................................................................................................403-653-5283

Levern
• Levern Clinic ....................................................................................................403-737-8610

Stand Off
• Blood Tribe Drug Harm Reduction Project – FCSS ........................................403-737-8737
• BTDH - Emergency Medical Services – Fire Hall ........................................403-737-2102
• BTDH - Emergency Medical Services - Ambulance .......................................911
• Spirit of Hope Community House #729 Townsite ........................................403-737-2119
• Blood Tribe Pharmacy - Community Health Centre ......................................403-737-3810

Moses Lake
• Moses Lake Shelter .......................................................................................403-653-6060

Day Treatment Program (Wellness Program)
- Date & Time: Every Thursday - 8:45 a.m. to 4:00 p.m. (Started - August 26, 2021)
- Location: Kainai Wellness Centre - Standoff, AB

Lunch is provided and transportation is available.
For more information call: 403-737-3883

Phone - Public Directories
Addictions Services Lethbridge: 1-866-332-2322
- List of Detox Facilities
- COVID-19 Safety Protocols
- Phone Referral

- Waiting Lists
- Contact Information
- Treatment Facilities
(Need 5-day clean period)

- 30 to 60 Day Programs
- Admission Requirements
- Online Referral

Online - Public Directories
www.informalberta.ca
Keyword Search: addiction and/or city/town

www.albertareferraldirectory.ca
Keyword Search: referral info/city/town
On Reserve Services & Information

Kainai Healing Lodge Centre
Phone: 403-737-3757 or 1-888-737-3757
Service: KHLC offers an 8-week continuous co-ed program based on Blackfoot traditional teachings.
[Our center is obligated to run at half capacity due to COVID-19 - 12 beds are available]
(Provide programs and services for substance abuse and trauma. They work to provide aboriginal individuals with culturally appropriate and holistic services to meet their needs and rehabilitation.)
Requirements: All client applications that have been submitted and approved by the Intake Coordinator must comply with Alberta Chief Medical Officer of Health orders for clients to enter treatment safely. Clients are required to isolate 2 weeks prior to admission date and undergo a COVID-19 test.

Kainai Transition Centre Society
Phone: 403-737-2444 (After Hours: 403-737-2666)
Service: Residential Recovery Centre – A six-month recovery program with reintegration back into community.
Requirements: Professional and correctional referrals [Treatment Centres, Correctional Institutes will either phone/email/fax us for an application. Which they fill out with their client they want to refer to our program.]

Kainai Wellness Centre
Phone: 403-737-3883
*Crisis Coordinator 8:30 a.m. to 4:30 p.m. - Monday to Friday- After Hours 403-737-3800
Service: Integrated approach to the provision of services:[National Native Alcohol & Drug Program/Native Mental Health Program/Indian Residential School Support Program/Contracted Clinical Therapists/Inter-Development Group] Crisis Intervention Unit, Canadian Red Cross, Prevention of Family Violence
Requirements: Walk in and/or Self referral.

Blood Tribe Drug Harm Reduction Project
Phone: 403-737-8737 or 403-382-0902
Spirit of Hope Community House #729 - Standoff Townsite
Service: Provide & distribute harm reduction supplies (Naxolone Kits) to 3 communities on the Blood Reserve/Snacks/Bottle water/Support groups [NA/Women’s Group/ Youth Group] Volunteer opportunities/Student practicum placement/Harm reduction & naloxone training sessions/Follow up and peer support activities.
Requirements: Due to COVID-19, there will be no in-house programming provided at this time.

Standoff Community NA
Spirit of Hope Community House #729
Every Wednesday @ 5:00pm Phone: 403-737-8737
Peer to Peer Support

Bringing The Spirit Home - Detox
Phone: 403-737-8600
Requirements: Suboxone/Methadone Replacement Therapy & any other medication needed to help safely withdraw from drugs/alcohol.
**On Reserve Services & Information**

**BTSH Detox** (24-bed medically assisted withdrawal program)
A patient can stay as long as it takes to get into a residential treatment program or until they feel he/she is medically & physically fit to move on. BTSH Detox has an open-door policy, if a community member feels ready to try to combat the disease of addiction we will take them in that day.

**Requirements:** Emergency referral i.e.: Overdose or Intervention/Self referral/ Agency referral/Doctor referral (Youth are excepted through BTCP or Parent referral)
*COVID-19 requirements: Upon entering BTSH Detox the patient will isolate until they receive a negative swab then transfer over to the detox.

**Blood Tribe Youth Wellness Centre**
**Phone:** 403-653-1678
**Service:** Blood Tribe Youth Wellness Centre provide holistic best practice for youths. The Centre serves all Aboriginal people from ages 12 to 17 years of age. The program offers a 16 week module which supports and includes individuals family & group therapy. One unique aspect of the program is utilizing “Equine Assisted Learning” (aka horse therapy) which supports the effectiveness of various substance abuse treatment approaches. As well incorporating tradition-al methods which is strengths based program curriculum.

**Requirements:** Must complete referral package and are suffering from addictions. (Individuals will need to isolate for 7 days before arrival and test negative for COVID-19) www.kainaicsc.ca

**Kainai Women’s Wellness Lodge**
**Phone:** 403-653-3946
**Service:** To provide a safe and secure environment, crisis intervention and support to women and children. (7 days a week, 24-hours a day, 365 days a year)
*24 Hour Crisis Line/Emergency Accommodations/Supportive Crisis Counseling/Elder & Cultural Support/ Advocacy & Referral/Child Support Programs/1-on-1 Crisis Counseling & Support/Outreach Programs

**Requirements:** No referral required.

**Kainai Victim Services Unit**
**Phone:** 403-737-8814
**Service:** Assist those who have suffered violent crimes, trauma, tragedy and misfortune.
(Offer services such as: Crime related crisis intervention/Provide information & support/Accompaniment/As well as referral to other human services.)
Their advocates provide assistance & information on victim impact statements/ Court Support/Orientation/CRimes Compensation/Restitution/Financial Benefits/Police File Information for Victims.

**Requirements:** Services are free of charge & confidential.

**Blood Tribe Safe House Assessment**
**Phone:** 403-942-2525
**Service:** The Centre is based on a traditional & spiritual perspective thus utilizing the four components of holistic (Medicine Wheel - Physical/Mental/ Emotional/Spiritual) well being of a person.
**Blood Tribe Safe House Assessment**

serve FN children (11-17 years) awaiting placement and/or reunification with family/ find a welcoming & nurturing environment. The Safe House is a (4) bed facility that provides children in need with a safe, short-term placement (45) days. Children may be experiencing difficulties with in the home/ community & are in need of intervention services.

**Requirements:** Must complete referral/ intake package. Referrals will be accepted from Delegated First Nations Agency offices and Blood Tribe Child Protection Services.

**Levern Clinic**

**Phone:** 403-737-8610

**Note:** For all services the or to book an on line appointment visit the BTDH website

**Website:** https://btdh.ca/lavern-clinic/

**Walk-in Addictions Clinics**

**Hours:** Wednesday - 8:30 a.m. to 4:30 p.m.

- Treat patients with Methadone, Suboxone and Kadian
- On-site addictions and mental health counselors available for ‘walk-ins’ and ‘by appointment.’
- Assistance for Housing & AISH applications
- Entry level jobs: Community Clean-up & Gardening (15.00$/hr)
- Naloxone training
- Harm reduction supplies and information

**Psychological Counseling Supports:**

**Janice Minoose** - Registered Psychologist

**Hours:** Thursday - 9:00 a.m. to 4:30 p.m.

**Requirements:** Patients may self-refer.

**Luke Sander**, registered psychologist

**Hours:** Every second Thursday - (8:30 a.m. to 4:00 p.m.)

**Hepatitis C /STI Clinic:**

**Susan Tallow Christenson, MD CCFP**

**Hours:** M-F 8:30 a.m. - 4:00 p.m.

**Requirements:** have medications ‘on-site’ to treat syphilis, GC and chlamydia. We and work closely with STI nurses in Lethbridge. This is an STBBI outreach clinic. We deliver medications and provide incentives to our patients

**Requirements:** Walk-In, by appointment or referral.

**Walk-In Prenatal Clinic/ Birth Control**

Obstetrician

**Hours:** Fridays 8:30-12 noon.

**Note:** All pregnant women, especially those with opioid addiction, should get prenatal care as soon as they are pregnant as it improves clinical outcomes.(Suboxone/ Methadone care available if needed)

- We have IUD placement ‘on-site.’ (no need to pick up a device from the pharmacy and bring it back)
- On-site depo-provera injections
- On-site oral contraceptives and condoms

**Full-Service - “On-Site” Lab**

**Note:** Patients may self-refer for sexually transmitted screens (Hepatitis/HIV), pregnancy tests, urinary tract infections and drug screens.
Off Reserve Services & Information

Alberta Health Services South Zone
Manager: Samantha First Charger
Email: Samantha.FirstCharger@ahs.ca
Senior Advisory: Germain Wells
Email: Germain.Wells@ahs.ca  Phone: 403-388-8913
Indigenous Hospital Liaison Chinook
Regional Hospital: Roxie Vaile
Email: Roxie.vaile@ahs.ca  Phone: 403-388-6659
Indigenous Hospital Liaison Chinook
Regional Hospital: Suzan Heavy Shields
Email: Suzan.heavyshields@ahs.ca Phone: 403-388-8916
Traditional Wellness Coordinator Chinook
Regional Hospital: Sylvia (Ann) Fox
Email: Sylvia.fox@ahs.ca  Phone: 403-388-8915
Traditional Wellness Coordinator Chinook
Regional Hospital: Sheila (Penny) Fox
Email: Sheila.Fox@ahs.ca
Advisor Aboriginal Addiction and Mental Health: Treena Tallow
Email: Treena.tallow-manson@ahs.ca
Indigenous Hospital Liaison Cardston Health Centre: Natalie Creighton
Email: Natalie.creighton@ahs.ca  Phone: 403-653-5282
Indigenous Hospital Liaison Pincher Creek Health Centre: Tracy Day Chief
Email: Tracy.daychief@ahs.ca

ID CLINIC INFO: AHS ID Program
Location: Chinook Regional Hospital
Address: #2K154, 960 - 19th St. S.
Phone: 403-330-8150
E-mail: AHSIDProgram@ahs.ca
Hours: Wednesday 8 AM – 12 PM and Thursday 8 AM – 12 PM

Provide assistance to anyone including homeless, at-risk and recently housed clients to obtain Alberta Identification and Alberta Personal Health Cards (IDs). Offers support to clients who are serviced by AHS programs and services, both in acute care and community;
• client assistance to obtain ID’s
• storage solutions for clients requiring secure storage of newly acquired IDs until they are permanently housed.

Addiction Services (Cardston Provincial Building)
Phone: 403-381-5183
(Booking Office - Lethbridge)
Tollfree: 1-866-332-2322 (24 Hour Help Line)
Addiction Services – Adult Counselling
Aftercare support, community programs, workplace programs Addiction and Mental Health

Addiction and Mental Health - Opioid Dependency Program (Cardston, AB)
Phone: 403-653-5283
Address: 2nd floor - 144 2 Street W, Cardston, Ab.

Addiction Services - Youth Counselling
576 Main Street, Cardston
Phone: 403-653-5240
Access Addiction & Mental Health - Central Access and Triage
Telephone/Web Access Only
Indigenous Recovery Coach Program *(Aapai’tsi’taappii’saam)*
Phone: 403-328-8162
Address: 1206, 6 Ave South - Lethbridge, AB, T1J 1A4
Requirements: Self or professional referrals accepted
Email: info@indigenousrecoverycoaching.com
Hours: Open 7 days a week 8:30 AM to 4:30 PM
Service: Recovery-oriented, community based & culturally informed program designed to support you while in recovery. This program is for those persons in recovery from Opioid or Methamphetamine addiction and are one of the following: First Nation, Metis or Inuit, 18 yrs. or older. The IRC program will provide you with an Indigenous Recovery Coach to assist you in your recovery journey. Coaches will assist you in meeting your goals by giving you the opportunity to acquire the skills, resources, and support network that you need to succeed. Diversion Services: To help people who do not qualify for programs due to not being a person in recovery or indigenous.

If you are interested in volunteering, we patrol Wednesdays and Fridays, 7:30 – 10:00pm, Sundays, 2:30pm – 5:30pm. Meeting point is at 118 – 8th Street South, Lethbridge.

Al-Anon: Fort Macleod AFG
Temporary electronic meeting available during COVID-19 pandemic

Email for meeting info at: letitbeginwithmeafg2017@gmail.com

AA Meetings, in person. - 8PM - 810 18 St. S. Fort Macleod, Ab. - Everyday except Monday and Wednesday. Must have COVID screening and must be sober and clean to attend.

Many more online groups can be accessed through our area website (AB/NWT).
al-anon.ab.ca

Monday 7:30 PM
Central Church of Christ
716- 23 St. North Lethbridge

Thursday 7:00 PM
Lutheran Church Good Shepherd
2406- 11 Av. South Lethbridge
(This meeting is for adult children of alcoholics, ie: if your parent was/is an alcoholic)

Saturday 10 AM
Chapter House (Main Floor), Corner of 10 Ave & 17 St.
South Lethbridge
(This meeting is a step study)
**Overdose Prevention Steps & Information**

### *Signs of Opioid Overdose*
- Loss of consciousness
- Unresponsive to loud speech or painful touch
- Body is limp
- Breaths are slow, irregular or absent
- Heartbeat is slow, irregular or absent
- Choking, snoring, or gurgling
- Pale appearance, fingernails and lips blue
- Seizure-like movements
- Skin is cold or clammy
- Pupils are constricted or tiny

### *Prevent An Overdose*
- Don’t use alone - Use at a Supervised Consumption Site or stagger use with others.
- Use safer routes - Oral use, snorting or smoking are safer than injection
- Start low and go slow - Do a small test dose to see if you can handle the drug
- Don’t mix drugs - Speedballs, and mixing prescription/street, alcohol, cannabis can compound overdose symptoms
- Know your tolerance - Sober time and infrequent use can lower your tolerance and make you more sensitive to drugs
- Always prepare your own drugs
- Carry a Naloxone Kit and know how to use it
- Know the signs and symptoms of overdose and call 911 for help

### *What TO DO if somebody is ODing*

If somebody is ODing, they need help.
Without help, they might die.
Seconds can count!

1. Call 911.
2. Use the naloxone kit if you have one.
3. Roll them into the recovery position if they are passed out. This prevents more problems like choking on vomit or their tongue.
4. Breathe for them if they aren’t breathing:
   - Make sure there is nothing in their mouth.
   - Tilt their head back.
   - Give them a breath every five seconds.
5. Stay with them until help comes. If you can’t stay, write down on a piece of paper what drugs the person took, and leave it with them so they can get the right help.

### *Canada - Good Samaritan Law*
provides some legal protection for people who experience or witness an overdose and call 911 or their local emergency phone numbers for help.
(More details about Law found on internet.)

### *Read... Remember... React*
- When an OD happens, it can be easy to panic and forget what to do.
- So keep these tips handy, read them often and tell your friends about them.
- Remembering them could save a life.

*For more information on safer drug use, go to [www.drugsafe.ca](http://www.drugsafe.ca)*
Overdose Response Steps & Information

- **STIMULATE**
  Attempt to wake them by speaking loudly or rubbing the knuckles of your fist on their breastbone. If unresponsive, call 911 and follow the operator’s instructions.

- **AIRWAY**
  Are they breathing? If not, open the airway by tilting the head back and lifting chin up and place the rescue breathing mask on the person’s face correctly. (you should be able to read the instructions on the mask)

- **VENTILATION**
  Give 1 breath every 5 seconds for 2 minutes. Chest should rise with each breath.

- **EVALUATE**
  Are there any changes? If none, inject naloxone.

- **MUSCULAR INJECTIONS**
  * Expose thigh (if possible) and clean skin with alcohol swab. Insert needle of syringe into rubber top of vial, invert and draw up entire vial by pulling back on plunger (1 ml of liquid).
  * Hold needle like a dart and inser into middle outer thigh muscle 90’ angle.
  * Inject drug by pressing down on plunger slowly and completely. Needle will pull into barrel of syringe automatically once plunger fully pressed.
  * Naloxone will take 2-5 minutes to work. Continue rescue breathing for another 2 minutes.

- **EVALUATE (Again)**
  * If no change administer 2nd dose of naloxone followed by 2 minutes of rescue breathing.
  * Give 3rd dose of naloxone as needed and continue rescue breathing until person breathes on their own or help arrives.
  * If the individual starts to breathe on their own, or you need to leave them at any point, place them in the recovery position.

*Please be advised, some of the resource information found in this pamphlet comes from the Alberta Health Services website. www.albertahealthservices.ca
Opioid Dependency Program

STAY SAFE WHILE ON METHADONE & SUBOXONE

The Opioid Dependency Program (ODP) is committed to helping you lead a healthy life, and to keeping you and those around you safe.

Keep your carries in a safe & secure place where children & others can’t get to them. Warn your family and friends that Methadone and Suboxone could kill them.

Store your carries somewhere safe and secure. A small amount of methadone or Suboxone can kill a child or an adult who doesn’t have a tolerance to opioids.

Tell family and friends that methadone or Suboxone is safe for you but could be fatal for them.

Advise your physician or anyone else who is giving you medical treatment that you are on methadone or Suboxone.

You need to provide ODP with copies of any prescriptions you receive.

Some substances can lead to overdose and death if you use them without medical supervision while on methadone or Suboxone. These substances include other opioid drugs (such as heroin, morphine, codeine, oxycodone), benzos, tranquillizers and sleeping pills (such as Valium, Librium, Ativan, Xanax).

Avoid drinking alcohol. Alcohol and methadone or Suboxone make each other stronger, and drinking increases the risk of an overdose.

Find medical help in case of an overdose.

Call 911 or go to the nearest hospital emergency unit.

Ensure you know the signs of overdose: drowsiness, slow breathing, slow heartbeat, cold and clammy skin, bluish skin, pinpoint pupils, confusion, coma.

Addiction Helpline 1-866-332-2322

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EVERY VOICE MATTERS

CRIME STOPPERS

1-800-222-8477

p3tips.com
Accessing Counselling Services at Wellness Program

Community members who want to receive counselling services from Wellness Program may do the following:

Step 1: Call WELLNESS PROGRAM 403-737-3883 and speak with a Client Case Coordinator. After a brief screening is complete (may be done over the phone) an appointment will be booked to complete intake. The appointment will be scheduled as soon as possible, based on client/ counsellor availability. Walk-in appointments are accepted.

Step 2: Once INTAKE is complete, counselling may begin with a Mental Health Worker.

Step 3: A Treatment Plan is created in coordination with client, and will be based on client needs and counsellor assessment.

- **Substance Abuse**: detox, individual counselling, residential treatment, aftercare.
- **Mental Health**: depression, anxiety, grief, loss, anger management, trauma and additional areas as needed.

Step 4: Continue Accessing Counselling Services, by appointment. Access to Cultural Support is available.
STEPS FOR ACCESSING SERVICES AT THE WELLNESS PROGRAM

Individual Identifies Need for Help

Step 1: Call Client Case Coordinator for brief screening & schedule appointment for intake.

Step 2: Complete intake and begin counselling.

Step 3: Treatment Plan is completed for mental health and/or substance abuse supports.

Step 4: Continue counselling, by appointment. Cultural supports available.
Community members who want to participate in the Day Treatment Program may do the following:

Step 1: Call WELLNESS PROGRAM 403-737-3883 on Monday and speak with the Receptionist to include your name (with phone number) on participant list for Day Treatment Program (which takes place on Thursday each week).

Step 2: Once on the participant list, you will receive a phone call on Wednesday (from Wellness Program) to confirm attendance for the current week and if transportation is required.

Step 3: If transportation is required, pick up by Wellness Program is on Thursday morning (between 7:30 - 8:30 AM).

Step 4: Attend Day Treatment Program on Thursday beginning at 9:00 AM to 4:00 PM. Snacks and lunch provided. You are encouraged to attend the Day Treatment Program as many times as you wish; there is no limit on how often you attend. Everyone is Welcome!

Important note: Registration for Day Treatment Program is WEEKLY. YOU MUST CALL IN EACH WEEK IF YOU WISH TO ATTEND.
Community Member wants to attend DAY TREATMENT PROGRAM at Wellness

Step 1: Call WELLNESS PROGRAM on MONDAY. 403-737-3883

Step 2: Receive a call back on WEDNESDAY from Wellness to confirm attendance.

Step 3: Transportation (if required) on THURSDAY between 7:30-8:30 AM.

Step 4: Attend DAY TREATMENT PROGRAM on THURSDAY 8:45 AM to 4 PM.
Standoff Addictions Clinic
Walk-In Only
Located at the Blood Tribe Standoff Clinic

Services Include:
- Suboxone and Methadone prescribing
- Sublocade (long-lasting suboxone)
- Alcohol Withdrawal & Sobriety Maintenance
- Methamphetamine Withdrawal
- Problematic Cannabis Use
- Nicotine Replacement Therapy
- Treatment Medicals Completion

Other Services Include:
- Hepatitis C, HIV and STI Testing and Treatment
- Naloxone Kits Training
- Safer Substance Use Counselling
- Detox and Counselling Referrals

Offering non-judgemental care for our members interested in substance use treatment.

Care Provided by:
Dr. John Webb
Dr. Susan Adelmann

Clinic Hours: Wednesdays 10am-12pm 1pm-4pm
Intake appointment in person, option of phone follow-up for ongoing care.

Call the Clinic @ 403-737-8420 for availability on other days.
# Emergency Contact Phone Numbers

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<tr>
<td>EMS &amp; Fire Department 403-737-3737 or 403-737-2102</td>
<td>Health Link Alberta 811 / 1-866-408-5465</td>
<td>Addiction and Mental Health - Opioid Dependency Program 1-844-383-7688</td>
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<tr>
<td>Kainai Victim Services 403-737-8814</td>
<td>Family Violence Info Line 1-780-310-1818</td>
<td>Kids Help Phone 1-800-668-6868</td>
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911 - The telephone number you call for medical, fire or police emergencies. If you need urgent emergency medical care, the experienced person who answers your call will ensure that the most appropriate Emergency Medical Services resources will be sent to assist with your emergency, and get you the care you need. See also: Ambulance; Emergency Medical Services.

811 – (Health Link Alberta) - If you need health advice or information, call this toll-free phone number, 24 hours a day, seven days a week, to reach experienced Registered Nurses who can give you advice about health concerns or symptoms you may have, and how best to treat these concerns or symptoms. They will also help you decide what health care option is the best option for you, for your needs. This service is available, free of charge, to all Albertans.

1-800-332-1414 – (Poison & Drug Information Service) – For advice on poisonings, as well as medication and herbal inter-actions with prescription or over the counter drugs, call this toll-free information line, 24 hours a day, seven days a week, to reach experienced pharmacists, registered nurses and/or other health-care professionals. This service is available, free of charge, to all Albertans.

1-877-303-2642 – (Mental Health Help Line) – If you are concerned about your own mental health, or the mental health of a loved one, call this toll-free number, 24 hours a day, seven days a week. The expert health professionals who answer your call can provide crisis intervention support, information on Mental Health programs and services, and referrals to other agencies. This service is confidential and available, free of charge, to all Albertans.

1-866-332-2322 – (Addictions & Substance Abuse Helpline) - If you have concerns about Addictions & Substance Abuse, you can call this toll-free number, 24-hours a day, seven days a week, to reach expert health professionals who can help you find the addiction services office near you, and connect you with other supports and services. This service is available, free of charge, to all Albertans.

1-866-710-7848 (QUIT) – (Alberta Quits) – Albertans looking to reduce or quit their use of tobacco can call this toll-free number, between 8AM to 8PM, seven days a week, to speak with trained Cessation Counsellors. The counsellors will help you develop a quit plan, deal with cravings, and provide ongoing support to keep you motivated. Translation services are available in 180 languages through an interpreter. This service is confidential, and available, free of charge, to all Albertans.