



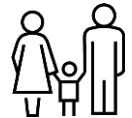








Wildfire Evacuee Information: Mental Health and Addiction Support

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 community supports and services near you – no matter where you are in the province. Th service is free, confidential and available in more than 170 languages.</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 with no wait.</p> <p>Call 1-833-827-4230 or visit counsellingalberta.com</p>
<p>Mental Health Help Line</p> 	<p>Primary Care Alberta provides 24/7 confidential support, information and referrals to Albertans experiencing mental health concerns.</p> <p>Call 1-877-303-2642.</p>
<p>Indigenous Support Line</p> 	<p>Indigenous listeners, who are healthcare advisors, help First Nations, Métis and Inuit people in Edmonton, Calgary, and in north, central and south Alberta access culturally appropriate support and connect to health services.</p> <p>Call 1-844-944-4744 from 10 a.m. to 6 p.m., Monday to Friday, or visit ahs.ca/ISL.</p>
<p>Kids Help Phone</p> 	<p>Kids Help Phone provides free, 24/7 access to multilingual counselling and crisis services for children, youth and young adults.</p> <p>Call 1-800-668-6868 or text CONNECT to 686868.</p>

<p>Addiction Help Line</p> 	<p>Primary Care Alberta provides 24/7 confidential support, information and referrals to Albertans experiencing addiction and mental health concerns.</p> <p>Call 1-866-332-2322.</p>
<p>Virtual Opioid Dependency Program</p> 	<p>Recovery Alberta's Virtual Opioid Dependency Program offers same-day treatment for Albertans struggling with opioid addiction, including opioid agonist treatment medications.</p> <p>Call 1-844-383-7688 seven days a week, from 6 a.m. to midnight or visit vodp.ca.</p>
<p>Text4Hope</p> 	<p>Text4Hope provides encouragement through daily text messages to help Albertans develop healthy coping skills and build resiliency during stressful times.</p> <p>Text HOPEAB to 393939 to subscribe.</p>
<p>MoreGoodDays</p> 	<p>MoreGoodDays provides young people with a daily text offering inspiration and advice, helping to shift perspective and offer something positive to build on.</p> <p>Text MoreGoodDays to 393939 to subscribe.</p>
<p>Kickstand Connect</p> 	<p>Kickstand Connect is a virtual clinic for young Albertans aged 11 to 25 to access free, confidential mental health and substance use counselling, peer support, employment services, workshops and support groups.</p> <p>Visit mykickstand.ca/connect.</p>
<p>811 Health Link</p> 	<p>Health Link is a single point of contact for health advice and information on health services.</p> <p>Call 811 or 1-866-408-LINK (5465) or visit myhealth.alberta.ca/811.</p>

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

For more information on help in tough times, visit alberta.ca/mentalhealth.