

Important contact numbers and websites

No cost services available in many languages

Emergency Services

Ambulance, Fire and Police

911

Available 24/7

Health Link

Health advice from a registered nurse.

811

Available 24/7

211 Alberta

Find programs and services in your community.

211 (or text INFO to 211)

ab.211.ca

Available 24/7

Addiction Services Helpline

Help for problems with gambling, alcohol, tobacco and other drugs.

1-866-332-2322

Available 24/7

AlbertaQuits Helpline

Tobacco cessation counsellors can help you make a plan to quit, manage cravings and stay on track.

1-866-710-7848

albertaquits.healthiertogether.ca

Available 8am–8pm

Bullying Helpline

Advice or support on bullying.

310-1818

Available 24/7

Child Abuse Hotline

Provides a 24 hour Hotline to report child neglect or abuse.

1-800-387-5437

Available 24/7

Family Violence Info Line

Provides information about family violence programs and services, as well as advice and support.

310-1818

Available 24/7

Income Support Contact Centre

Financial help for Albertans who do not have the resources to meet their basic needs (e.g., food, clothing, shelter).

1-866-644-5135

Available 24/7

Mental Health Helpline

Offers help for mental health concerns for Albertans.

1-877-303-2642

Available 24/7

Pediatric Rehabilitation Advice Line

Advice on how to support your child's development and well-being.

1-833-379-0563

Available Monday to Friday 9am to 5pm

Poison & Drug Information Service

Confidential advice about poisons, chemicals, medicine and herbal products.

1-800-332-1414

Available 24/7

Important contact numbers and websites

[ahs.ca](https://www.ahs.ca)

Alberta Health Services (AHS)

Canada's largest integrated health system, responsible for promoting wellness and providing health care across the province.

[ahs.ca/options](https://www.ahs.ca/options)

Know Your Options

Get the care you need when you need it. The best place to start is with Health Link at **811** or your family doctor. There are other options depending on what you need.

[covenanthealth.ca](https://www.covenanthealth.ca)

Covenant Health

Catholic service provider within Alberta's healthcare system, with 17 facilities in 12 communities.

[myhealth.alberta.ca](https://www.myhealth.alberta.ca)

Your resource for non-emergency health information and tools.

[alberta.ca](https://www.alberta.ca)

To find the Alberta Government services and information you need.

[ahs.ca/immunize](https://www.ahs.ca/immunize)

For information on Alberta's routine immunization schedule and the answers to frequently asked questions.

[healthyparentshealthychildren.ca](https://www.healthyparentshealthychildren.ca)

Find information from *Healthy Parents, Healthy Children: Pregnancy and Birth* and *Healthy Parents, Healthy Children: The Early Years* online with many interactive features. Browse on a smart phone, tablet or computer.

[readyornotalberta.ca](https://www.readyornotalberta.ca)

Whether you're ready for another baby or not, it's healthy to have a plan. This website has many interactive features in a user-friendly question and answer format. Browse on a smart phone, tablet or computer.

[teachingsexualhealth.ca](https://www.teachingsexualhealth.ca)

As a parent, it's never too early to talk about sexual health, or to learn more yourself. This website has helpful information, resources and communication strategies for parents of children from birth to 18 years.