

Mental Health Supports

Quick facts

Alberta

- **Alberta's Mental Health Helpline** is available 24-7 toll-free and offers confidential support for mental health concerns: 1-877-303-2642.
- **Alberta's Addiction Helpline** is available 24-7 toll-free and offers confidential support for alcohol, tobacco, other drugs and problem gambling: 1-866-332-2322
- **The Kids Help Phone** is available 24-7 and offers professional counselling, information and referrals and volunteer-led, text-based support to young people by texting CONNECT to 686868.
- **The Crisis Text Line Alberta** is a service available 24-7 that offers information, referrals and volunteer-led, text-based support for Albertans of all ages, by texting CONNECT to 741741.
- **Alberta 211** is a free helpline that connects Albertans to community and social services in their area 24 hours a day, 365 days a year, in over 150 languages.
- **Text4Hope**
 - <https://www.albertahealthservices.ca/topics/Page17019.aspx>
 - Supporting Mental Health & Wellness in a Time of Stress & Isolation
 - Feeling stress, anxiety and depression due to the COVID-19 crisis? We can help.
 - The Mental Health Foundation, in partnership with Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, Alberta Cancer Foundation and the Alberta Children's Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists.
 - An Alberta-based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.
 - Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.
 - Community members simply subscribe to receive ongoing supportive content. There is no cost.

- How to Connect
- Text COVID19HOPE to 393939 to subscribe.
- The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations.
- Text messages are free, dependent on the users cell phone plan. Some users may be charged per text message depending on their cell phone plan with their current provider. We encourage users to check with their provider. If they are unable to sign-up due to potential costs, we encourage them to visit Help in Tough Times where free resources are available, including variety of mental health related podcasts and videos for download.
- **Family violence prevention – Resources**
 - <https://www.alberta.ca/family-violence-prevention-resources.aspx>

Canada

- **Canada's COVID-19 app** (<https://ca.thrive.health/covid19app/home>) provides access to a COVID-19 symptom checker, Wellness Together Canada portal, and health guidance resources.
- **Wellness Together Canada** (<https://ca.portal.gs/>) provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.