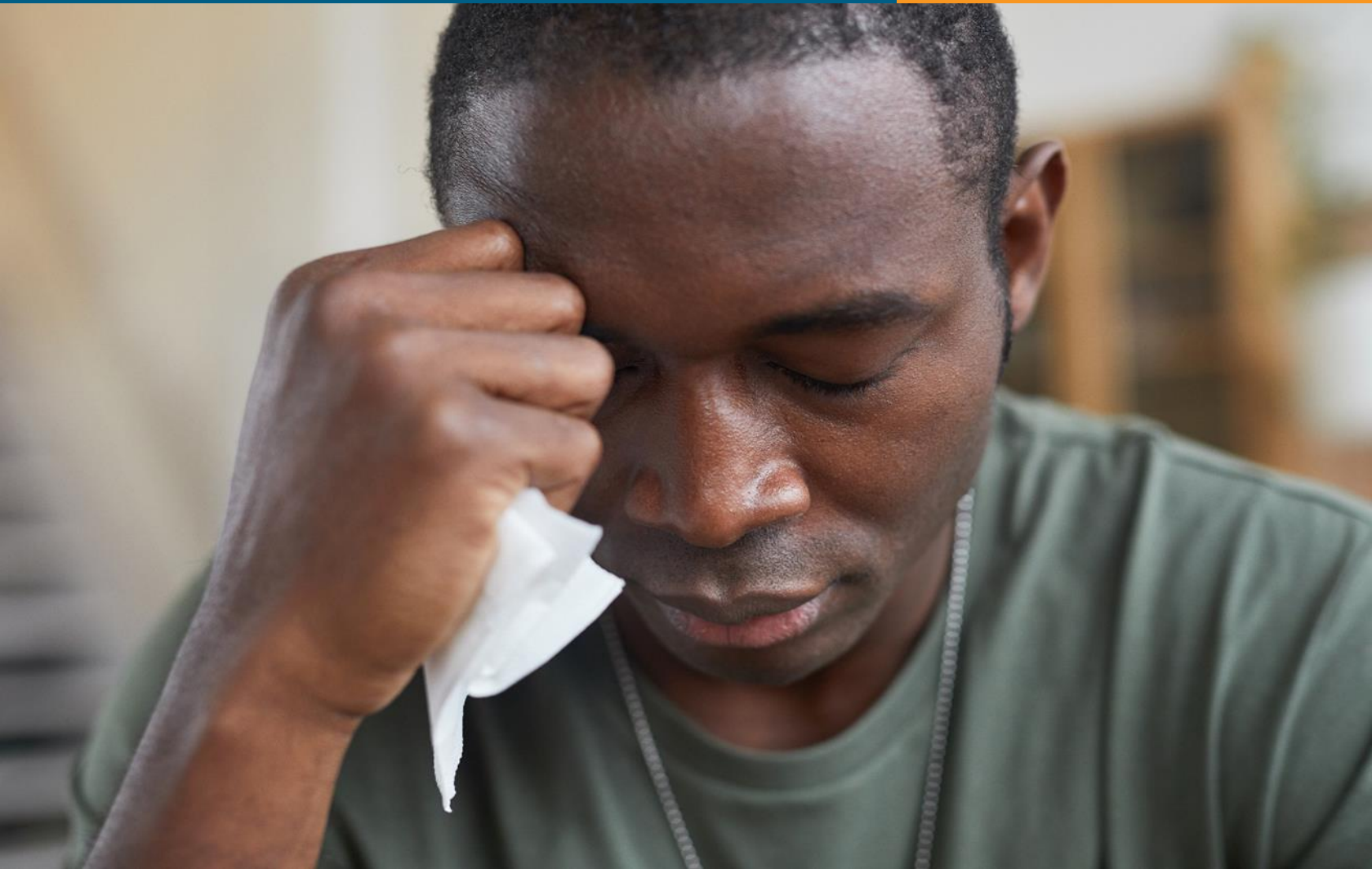


# Addiction and Mental Health Helpline

Available through Health Link



**Health Link**  
Advice 24/7



If you are having trouble coping or need someone to talk to, call Health Link 24/7. Staff will assess your needs and provide advice immediately for your concerns.

## 1-866-332-2322

For more information on addiction and mental health visit [MyHealth.Alberta.ca](https://myhealth.alberta.ca)



**Alberta Health Services**