

Navigating your healthcare journey

With the right information

To help you navigate your health and wellness journey, here are some helpful resources to support patients, families, and caregivers in Alberta.

Need help finding healthcare advice?

Call Health Link 811 about healthcare options in your community, immunization records, or referrals for addictions, mental health, dietitian service or rehabilitation and dementia advice, and many more healthcare services. Dial 811 for free 24 hours per day, 7 days a week, confidential advice and help navigating the healthcare system. Health Link staff will assess your needs and provide advice for your immediate concerns. For other ways to contact us go to ahs.ca/healthlink.



Want to learn about taking an active role in your healthcare?

See the Health Quality Council of Alberta website for [Working with your healthcare team resources](#)



Searching for trusted, easy-to-understand health information, tools and resources?

Visit MyHealth.Alberta.ca



Are you getting ready to leave the hospital?

To help you prepare for a discharge conversation with your healthcare team My Next Steps can help you think about what questions to ask so you feel ready and confident as you leave the hospital.

Visit [My Next Steps: Getting ready to leave the hospital](#)



Preparing for a virtual care visit?

Visit ahs.ca/virtualhealth

[Learn about virtual visits for healthcare](#): This patient resource provides detailed information about virtual visits for healthcare

[How to navigate a virtual care visit: patient guide \(Canadian Medical Association\)](#)



Preparing for surgery?

[Your surgery journey: Patient guide](#)

[Getting Ready for Your Surgery](#)

[Your Before Surgery Checklist](#)

[After Your Surgery](#)

[Your Surgery Journey Video Series](#)



Needing to find care but don't have a family doctor?

To find a family doctor visit [AlbertaFindADoctor.ca](https://albertafindadoctor.ca) or call Health Link 811. Not every condition is an emergency. Get to know your options.

Visit ahs.ca/options

Find healthcare facilities and services near you. Visit [FindHealthcare](https://findhealthcare.ca)



Looking for help to quit smoking?

Visit albertaquits.ca

Call the Alberta Quits Tobacco Help Line 1-866-710-QUIT (7848) or call Health Link 811



Have questions about medicine safety?

Visit Health Quality Council of Alberta hqca.ca and search for "Your Guide to Medication Safety"

Search [MyHealth.Alberta.ca](https://myhealth.alberta.ca) for information about "Staying Safe When You Take Several Medicines" and "Accidental Overdose of Medicine: Care"



Want to access your healthcare information online?

View your lab results, immunization records, and medications online

Visit myhealth.alberta.ca/myhealthrecords

See test results, visit summaries, care plans, manage appointments, interact with your AHS healthcare team and more

Visit ahs.ca/myAHSconnect



Preparing for a specialist appointment?

The QuRE Patient & Caregiver Journal

[Printable version](#)

[Electronic version](#)

(save & edit on desktop/mobile)



Finding and applying for family and social supports?

Alberta Supports can help you access more than 30 programs and 120 services for seniors, people with disabilities, job seekers, parents and families, homelessness, financial assistance, abuse, and family violence prevention.

Call 1-866-644-5135 (open 24 hours) or Visit alberta.ca/alberta-supports



Looking for health information in your language?

Visit ahs.ca/languages

**211****Looking for programs and services in your community?**

[Alberta 211](#) (open 24 hours) is a helpline and online database of Alberta's community and social services.

Looking for Indigenous health services?

Visit ahs.ca/indigenous

The Indigenous Support Line is available in North, Central and South Zones:

Call 1-844-944-4744 between 12:00 PM to 8:00 PM Monday to Friday.

Visit 1-800-Indigenous Support Line:

[Walk with Me, Talk with Me. Learn with Me.](#)

Looking for information to help prevent family violence?

Call the Family Violence Information Line 310-1818 (open 24 hours)

Wanting support for addiction and mental health?

Confidential helplines open 24 hours a day, 7 days a week, that provide support, information, and referrals for people with addiction and mental health concerns.

Addiction Helpline: 1-866-332-2322

Mental Health Helpline: 1-877-303-2642

Visit ahs.ca/helpintoughtimes

Getting healthy after COVID-19?

Resources to help manage symptoms and get help when needed after having COVID-19.

Visit [Getting healthy after COVID-19](https://ahs.ca/gettinghealthyaftercovid19)

Visit ahs.ca/covidmentalhealth

Call the rehabilitation advice line: 1-833-379-0563 or ahs.ca/ral

Questions about nutrition?

Call Health Link at 811 and ask to talk to a dietitian, or complete a self-referral at ahs.ca/811

Visit ahs.ca/Nutrition

Visit [ahs.ca/Nutrition Handouts](https://ahs.ca/NutritionHandouts)



Want support with spiritual practices for resilience?

Visit ahs.ca/spiritualcare and search for
“Spiritual Practices Workbook”



Looking for information about LGBTQ2S+ health services and supports?

Visit ahs.ca/sogie



Needing emergency financial assistance?

Alberta's Income Support program can help you get emergency financial assistance to help with basic needs like shelter, food, clothing, medicines and transportation.

Call 1-866-644-5135 (open 24 hours)

Visit alberta.ca/income-support.aspx



Recovering at home?

For adult rehabilitation services visit ahs.ca/adultrehab

For Home Care services visit ahs.ca/homecare or call Health Link 811

Alberta Healthy Living Program offers group classes to help improve your health and quality of life if you have a chronic condition.

Visit ahs.ca/ahlp



Finding information and help advice?

Call Health Link 811 for help finding your way in Alberta's healthcare system. Information and referral specialists will guide you to the right care provider, at the right time, in the right place.

Navigation services are available to all Albertans by dialing 811 (open 24 hours).

Developed for and with patients and families in partnership with the
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