

Important Phone Numbers

Emergency Services

Ambulance, Fire, and Police.

24 Hours

Health Link

Free nurse advice and general health information for Albertans.

[Health Link Website](#)

24 Hours

<p>Addiction Services Helpline</p> <p>Help for problems with gambling, alcohol, tobacco, and other drugs.</p> <p> 1-866-332-2322</p> <p> 24 Hours</p>	<p>AlbertaQuits Helpline</p> <p>Tobacco cessation counsellors can help you make a plan to quit, manage cravings, and stay on track.</p> <p>www.albertaquits.ca</p> <p> 1-866-710-7848</p> <p> 8am-8pm</p>	<p>Bullying Helpline</p> <p>Advice or support on bullying.</p> <p>www.bullyfreealberta.ca</p> <p> 1-888-456-2323</p> <p> 24 Hours</p>	<p>Child Abuse Hotline</p> <p>Call if you think a child is being abused or neglected by a parent or guardian.</p> <p> 1-800-387-5437</p> <p> 24 Hours</p>
<p>Dementia Advice</p> <p>Advice and support for people who have problems with thinking, reasoning, or remembering (e.g., dementia) or the people who care for them.</p> <p> 811</p> <p> 24 hours</p>	<p>Family Violence Info Line</p> <p>Call if you (or someone you know) are going through family violence or abuse if you have questions or want to find out about programs, resources, and services.</p> <p> 310-1818</p> <p> 24 Hours</p>	<p>Income Support Contact Centre</p> <p>Financial help for Albertans who don't have resources to meet their basic needs (e.g., food, clothing, shelter).</p> <p> 1-866-644-5135</p> <p> 24 Hours</p>	<p>Kids Help Phone</p> <p>Free, anonymous, confidential telephone and web counselling for youth in Canada.</p> <p>www.kidshelpphone.ca</p> <p> 1-800-668-6868</p> <p> 24 Hours</p>
<p>Medication & Herbal Preparation Advice Line</p> <p>Advice and information about medicines and herbal products from pharmacists and nurses.</p> <p> 1-800-332-1414</p> <p> 5pm-9am</p>	<p>Mental Health Helpline</p> <p>Offers help for mental health concerns for Albertans.</p> <p> 1-877-303-2642</p> <p> 24 Hours</p>	<p>Poison & Drug Information Service</p> <p>Confidential advice about poisons, chemicals, medicines, and herbal products.</p> <p> 1-800-332-1414</p> <p> 24 Hours</p>	