

Coping with COVID-19

Addiction & Mental Health Resources

Help is available

Helplines and virtual support

[See all](#)

- Mental Health Helpline: 1-877-303-2642
- Addiction Helpline: 1-866-332-2322
- Crisis Text Line: Text CONNECT to 741741
- [Togetherall](#) online peer-to-peer support
- [Wellness together Canada](#) support portal

Community resources

[See all](#)

- 211 Alberta
- [AHS Addiction & Mental Health Programs & Services](#)

Taking care of you

Coping and wellness

[See all](#)

- [COVID-19 and your mental health](#)
- [Taking charge of what you can](#)
- [Text4Hope](#)

Substance use and addiction

[See all](#)

- [Alcohol & COVID-19](#)
- [Cannabis & COVID-19](#)
- [Opioid poisoning response & COVID-19](#)

Employment and finances

[See all](#)

- [Managing COVID-19 financial stress](#)
- [Managing mental health during COVID-19 for frontline workers](#)
- [Mental health tips for working from home](#)

Physical well-being

[See all](#)

- [Healthy eating starts here: Steps to a healthier you](#)
- [30 days to a well-rested you](#)

Taking care of others

Family resilience

[See all](#)

- [Coping and connection for children & families during COVID-19](#)
- [COVID-19: Grieving together](#)
- [Family violence during COVID-19](#)

Children and teens

[See all](#)

- [Helping teens adapt to the new normal](#)
- [Helping your child or teen respond to a disaster or emergency](#)
- [Talking to kids about COVID-19](#)

Seniors

[See all](#)

- [COVID-19: Resources for seniors and their caregivers](#)
- [Seniors wellness in challenging times: A COVID-19 resource](#)

Suicide

[See all](#)

- [Tips for communicating about suicide](#)
- [Hope and healing: A guide for people who have lost someone to suicide](#)

Addiction & Mental Health Resources

Help is available

Helplines and virtual support

Mental Health Helpline	1-877-303-2642 toll-free available 24/7
Addiction Helpline	1-866-332-2322 toll-free available 24/7
Suicide Prevention	811 HealthLink toll-free available 24/7
Crisis Text Line	Text CONNECT to 741741
Togetherall	Clinically moderated free online peer-to-peer mental health community: https://togetherall.com/en-ca/
Wellness Together Canada	Government of Canada resource to get connected to mental health and substance use support, resources, and counselling with a mental health professional.
Kids Help Phone	1-800-668-6868 Text CONNECT to 686868
Calgary ConnecTeen (available to all youth)	Text 587-333-2724 Online chat: https://calgaryconnecteen.com/
Native Youth Crisis Hotline	1-877-209-1266
First Nations and Inuit Hope for Wellness	1-855-242-3310 Online chat: https://www.hopeforwellness.ca/
Income Support	1-866-644-5135
Other important numbers	https://myhealth.alberta.ca/pages/emergency-phone-numbers.aspx

Community resources

Addiction & Mental Health Programs & Services	www.ahs.ca/amh
211 Alberta	Connect to social and support resources, including financial help and community and government information.
Access 24/7 (Edmonton)	780-424-2424
Access Mental Health (Calgary)	403-943-1500
Distress Centre (Calgary)	403-266-4357

Addiction & Mental Health Resources

Coping and wellness

[30 days of self-care](#) (activity)

[COVID-19 and your mental health](#) (tip sheet)

[Learn how to manage stress in challenging times](#) (virtual workshops)

[Mental wellness moments](#) (video series)

[Mobile tools to promote mental wellness](#) (tip sheet)

[Positive steps for mental health in uncertain times](#) (tip sheet)

[Spiritual practice worksheets to support your well-being in a disaster or emergency](#) (activity)

[Take control of your mental wellness](#) (tip sheet)

[Taking charge of what you can: A COVID-19 toolkit](#) (toolkit)

[Text4Hope](#) (Alberta-based supportive text messaging service)

[Wellness together Canada](#) (support portal)

Physical well-being

Healthy eating

[Healthy eating starts here: Steps to a healthier you](#) (resource)

[Make a change: One meal at a time](#) (resource)

Sleep

[30 days to a well-rested you](#) (activity)

[Sleep journal](#) (activity)

Addiction & Mental Health Resources

Substance use and addiction

[Alcohol & COVID-19: What you need to know](#) (resource)

[Cannabis & COVID-19: What you need to know](#) (resource)

Employment and finances

Financial concerns

[Alberta income support](#) (resource)

[Managing COVID-19 financial stress](#) (tip sheet)

Frontline workers

[Helping health care workers cope with COVID-19-related trauma](#) (resource)

[Managing mental health during COVID-19 for frontline workers](#) (online training)

Working remotely

[Mental health tips for working from home](#) (tip sheet)

[Working from home during a pandemic](#) (tip sheet)

Family matters

Family resilience

[Coping and connection for children & families during COVID-19](#) (tip sheet)

[Coping at home for families: Supporting your well-being through meaningful activity and leisure during COVID-19](#) (toolkit)

[COVID-19 online mental health resources \[for caregivers\]](#) (resource)

[Healthy together: Your guide to family and home life during COVID-19](#) (resource)

[Simple connections, stronger families](#) (checklist)

Addiction & Mental Health Resources

Children and teens

[Helping teens adapt to the new normal](#) (resource)

[Helping your child or teen respond to a disaster or emergency](#) (tip sheet)

[Talking to kids about COVID-19](#) (resource)

Family violence

[Family violence during COVID-19](#) (fact sheet)

Grief and loss

[COVID-19: Grieving together](#) (resource)

Seniors

[COVID-19: Resources for seniors and their caregivers](#) (resource)

[Seniors wellness in challenging times: A COVID-19 resource for seniors and those who care for them](#) (tip sheet)

Suicide

[Tips for communicating about suicide](#) (tip sheet)

[Hope and healing: A guide for people who have lost someone to suicide](#) (resource)

[Healing your spirit: Surviving after the suicide of a loved one](#) (resource)
