

# Wildfire Evacuee Information: Mental Health and Addiction Support

If you're struggling or need someone to talk to, help is available.  
Please consider reaching out to one of the following resources:

<p><b>211 Alberta</b></p> 	<p>211 Alberta is a 24/7 crisis line and single point of contact for digital supports and services near you – no matter where you are in the province.</p> <p>Call or text INFO to 211 or visit <a href="https://ab.211.ca">ab.211.ca</a>.</p>
<p><b>Counselling Alberta</b></p> 	<p>Counselling Alberta offers affordable virtual and in-person counselling services to Albertans in need.</p> <p>Call 1-833-827-4230 or visit <a href="https://counsellingalberta.com">counsellingalberta.com</a>.</p>
<p><b>Mental Health Help Line</b></p> 	<p>Alberta Health Services (AHS) provides 24/7 confidential support, information and referrals to Albertans experiencing mental health concerns.</p> <p>Call 1-877-303-2642 or visit <a href="https://ahs.ca/helpintoughtimes">ahs.ca/helpintoughtimes</a>.</p>
<p><b>Indigenous Support Line</b></p> 	<p>This confidential AHS helpline helps First Nations, Métis and Inuit people in the North Zone access culturally safe support and connect to health services.</p> <p>Call 1-844-944-4744 from noon to 8 p.m., Monday to Friday.</p>
<p><b>Kids Help Phone</b></p> 	<p>Kids Help Phone provides 24/7 access to counselling and crisis services for children, youth and young adults.</p> <p>Call 1-800-668-6868 or text CONNECT to 686868.</p>

**Psychologists' Association  
of Alberta**



The Psychologists' Association of Alberta provides up to three free sessions with a psychologist to those impacted by the wildfires, including evacuees and first responders.

Contact the [Disaster Response Network](#) at 780-424-0294 or [paa@paa-ab.ca](mailto:paa@paa-ab.ca).

**Addiction Help Line**



AHS provides 24/7 confidential support, information and referrals to Albertans experiencing addiction and mental health concerns.

Call 1-866-332-2322 or visit [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes).

**Virtual Opioid  
Dependency Program**



The Virtual Opioid Dependency Program offers same-day treatment for Albertans struggling with opioid addiction, including opioid agonist treatment medications.

Call 1-844-383-7688 seven days a week, from 8 a.m. to 8 p.m. or visit [vodp.ca](https://vodp.ca).

**Text4Hope**



Text4Hope provides encouragement through daily text messages to help Albertans develop healthy coping skills and build resiliency during stressful times.

Text HOPEAB to 393939 to subscribe.

**811 Health Link**



Health Link is a single point of contact for health advice and information on health services.

Call 811 or 1-866-408-LINK (5465) or visit [myhealth.alberta.ca](https://myhealth.alberta.ca).

For more information on the emergency and supports for evacuees, visit [alberta.ca/emergency](https://alberta.ca/emergency).