

24-Hour Addiction Helpline (Free, by Alberta Health Services): **1-866-332-2322**

24-Hour Mental Health Helpline (Free, by Alberta Health Services): **1-877-303-2642**

Programs

Alcoholics Anonymous Calgary

www.al-anon.ab.ca/contacts

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Road to Recovery Workshop - South Calgary Primary Care Network

<https://www.scpcn.ca/workshops/32/Road+to+Recovery>

Finding a way back from a mental health or substance use concern is a journey. This course focuses on what would be helpful in your life journey. It will assist you with tools to look at who you are now, identify who you hope to become, and what you can do in order to get there. You will learn how to find and develop strategies to help accomplish that goal, and live your life beyond your mental health or substance use challenges.

Substance Abuse in Later Life (SAILL) - Alberta Health Services

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1005202&serviceAtFacilityID=1060416#contentStart>

A program specifically for people over the age of 60 who struggle with substance abuse or misuse. The service offers flexible approaches including education, individual and group therapy, as well as individual, peer, and family supports.

Awareness Resources

Know Your Addiction & Mental Health Options

<http://www.albertahealthservices.ca/assets/info/amh/if-amh-calz-know-your-options-brochure.pdf>

Learn about the many options available to manage your addiction and/or mental health needs.

Rethink Your Drinking (ASAP+ resource)

<http://www.rethinkyourdrinking.ca/>

An awareness campaign that encourages moderation or lower-risk drinking habits to support healthy lifestyle choices and reduce potential short- and long-term complications associated with alcohol consumption

YouTube Video: A ReThink of the Way We Drink (ASAP+ resource)

<https://www.youtube.com/watch?v=tbKbq2lytC4>

Explained by Dr. Mike Evans from Reframe Health Lab.

