

## ACCESS MENTAL HEALTH INFORMATION

Your pediatrician may have recommended that you self-refer to access mental health, or they may send a referral on your behalf. If a referral was sent, you will receive a phone call, or letter in the mail asking you to call to speak with an access mental health clinician.

Access Mental Health Provides information, consultation and referral to individuals and families residing in Calgary who have addiction and/or mental health concerns.

Clinicians work over the telephone to help people navigate the addiction and mental health system. They are familiar with both Alberta Health Services and community based programs and will explore options and direct/refer clients to the most appropriate resource to meet their needs. Access Mental Health is a non-urgent service.

**Telephone:** 403-943-1500

**Tollfree:** 1-844-943-1500

**Email:** [mental.health@albertahealthservices.ca](mailto:mental.health@albertahealthservices.ca)

If you need immediate help:

Call Distress Centre Calgary at **403-266-HELP (4357)**, go to the nearest urgent care centre or emergency room, or call **911**