

## **ADDICTIONS**

### **AB HEALTH SERVICES - COMMUNITY ADDICTION & MENTAL HEALTH**

**Phone: Addictions: 672-1181 Toll Free:**

**1-866-332-2322 / Mental Health:**

**679-1241(Adult/Geriatric) 679-1764(Child &**

**Adolescent) Fax: Addictions: 679-1737/Mental**

**Health: 679-1740**

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

Hours: Addiction: Mon-Fri, 8:15am-4:30pm Closed  
12-1pm; Mental Health: Mon.-Fri. 8:00 am-4:30 pm

Fees: Services are provided free of charge.

Mental Health & Addiction professionals provide voluntary community based counselling/treatment (including psychiatric consultation as required), information & referral to all ages who present with a clearly definable mental illness &/or alcohol, drug, tobacco or gambling problems. Additional programs include:

**Promotion & prevention** around brain safety, client consultation, & education specific to an acquired brain injury.

**Mental health & emotional wellness** activities & education to increase awareness & understanding & reduce stigma. Programs consist of Suicide Prevention, Mental Health First Aid & Men at Risk **Prevention, education & information** services are also provided through presentation to schools, agencies & community groups as well as through the office resource library & other resource materials within the addiction service stream.

### **AL-A-NON**

**Phone: 780-672-4786 Elaine / 672-1853 Pearl**

Hours: Mon. 8:00 p.m. - 9:00 p.m.; Wed. 8:30 - 9:30 p.m.

Provides fellowship for relatives and friends of alcoholics and assists them in coping with the problems of living with an alcoholic. Mon. - Alliance Church (5804 - 47 Ave.). Wed. - Lighthouse/Church of God (4722-55St.) call Joan @ 608-1783.

### **ALCOHOLICS ANONYMOUS**

**Phone: 780-672-1084**

A fellowship of non-practicing alcoholics whose primary purpose is to achieve and maintain sobriety. Meetings held @ the Lighthouse - 5319 - 48 Ave., on Saturdays, Sundays and Wednesdays at 8:00 p.m.