

## VIRTUAL EDUCATION

Checkout these online tools.  
Current links available on our  
website.



Child & Adolescent  
Addiction & Mental Health  
Resources  
Seethesigns.ca  
Recovery College

## VIRTUAL HELPLINES

These helplines offer support,  
information and referrals.



Addiction Helpline  
Mental Health Helpline  
Suicide Crisis Helpline  
Kids Helpline  
Hope for Wellness Helpline  
Distress Centre Helpline  
Bullying Helpline  
AlbertaQuits Helpline

## CRISIS SUPPORT

Abuse Hotline  
Child Intervention Crisis



## VIRTUAL RESOURCES

### NAVIGATION & SUPPORT

Access Mental Health  
Victim Services  
211 Alberta  
Family Violence Info Line  
National Trans Lifeline  
Sexual Violence One Line

### VIRTUAL PROGRAMS

Virtual Opioid Dependency  
Program  
Virtual Rapid Access Addiction  
Medicine Program  
Dementia Advice

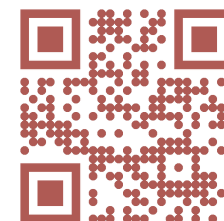
### PEER TO PEER SUPPORT

ConnecTeen  
AlbertaCaregivers  
Talk to a Peer  
Community Coaching  
Men&



# Banff Mental Health and Addiction Resources for Banff and Lake Louise

...adding more tips to your  
mental wellbeing toolbox



This resource was created  
with you in mind

...because we're human and  
all of us have bad days

For full details visit  
[www.bmhaw.ca/resources](http://www.bmhaw.ca/resources)

# Mental Health and Addiction Resources

**Banff**

**Lake Louise**

**Canmore**

## Banff:

- ① Recovery Alberta  
305 Lynx St | Urgent walk-in counselling
- ② Banff Mineral Springs Hospital  
305 Lynx St | emergency care
- ③ Bow Valley Addiction & Mental Health Services  
303 Lynx St | counselling
- ④ Gourlay's Pharmacy  
220 Bear St | naloxone kits
- ⑤ Bear Street Physicians  
#302, 220 Bear St | family doctors
- ⑥ Alpine Medical Clinic  
#201A, 211 Bear St | family doctors
- ⑦ Primary Care Network  
#201A, 211 Bear St | family doctors
- ⑧ Family and Community Support Services  
110 Bear St | parental support
- ⑨ Circle of Support: Family Changes Group  
101 Bear St | support for children
- ⑩ Healthy Families  
101 Bear St | parental support
- ⑪ Alcoholics Anonymous  
101 Bear St | peer to peer support
- ⑫ YWCA Banff  
102 Spray Ave | housing and counselling

## Canmore:

- ⑬ Narcotics Anonymous  
743 Railway Ave | peer to peer support
- ⑭ Palliative Care Society  
#205 1080 Railway Ave | counselling
- ⑮ Homeless Society of Bow Valley  
914 - 8 St | emergency housing

## Lake Louise:

- ⑯ Lake Louise Medical Clinic  
200 Hector Rd | family doctors
- ⑰ Youth Substance Use & Mental Health Services  
200 Hector Rd | counselling

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