

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



This resource was created
with you in mind

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

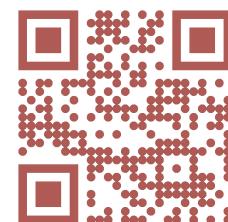
ConnecTeen
AlbertaCaregivers
Talk to a Peer
Community Coaching
Men&



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

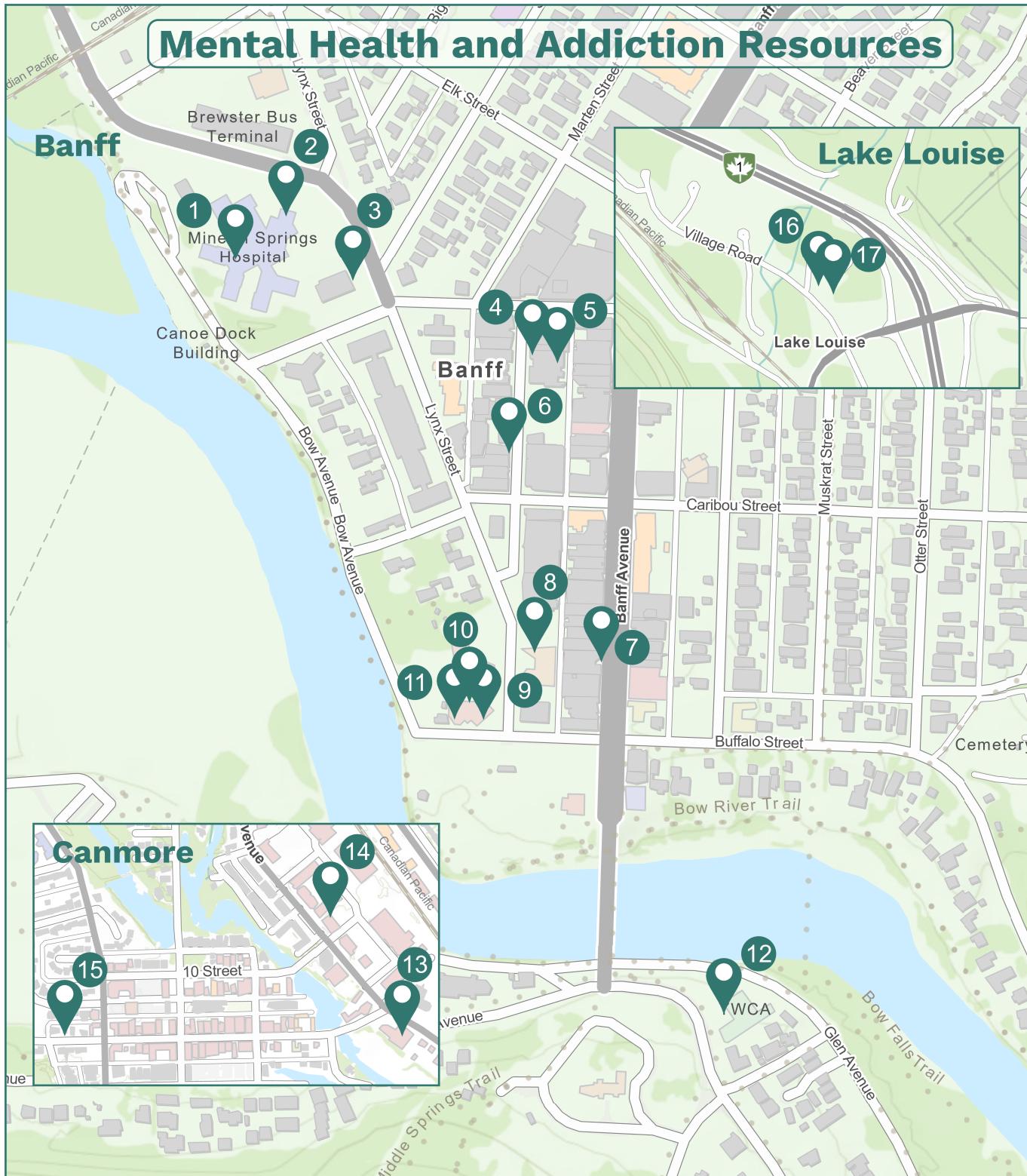
Banff Mental Health and Addiction Resources for Banff and Lake Louise

...adding more tips to your mental wellbeing toolbox



For full details visit
www.bmhaw.ca/resources

Mental Health and Addiction Resources



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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