

# You are not alone

## 04. Health Link

Health Link is a 24/7 health advice resource that gives you access to a variety of healthcare professionals. Find this support by dialling:  
811



During this stressful time, where wild fires are affecting many communities, it is important to look after your mental health



### Mental health resources:



#### 01. Mental health line:



Experiencing evacuation can be overwhelming and stressful. Call the mental health helpline for support at:  
1-877-303-2642



#### 02. Kids Help Phone

For children needing mental health support call:  
1-800-668-6868

#### 03. Support after disaster or emergency:

During these tough times, there may be significant losses in which grieving may happen. Visit: [AlbertaHealthServices.ca](https://AlbertaHealthServices.ca) to find resources on grief and other services



**MENTAL HEALTH  
RESOURCES  
FOR THOSE AFFECTED  
BY ALBERTA WILD  
FIRES**





MENTAL  
HEALTH