

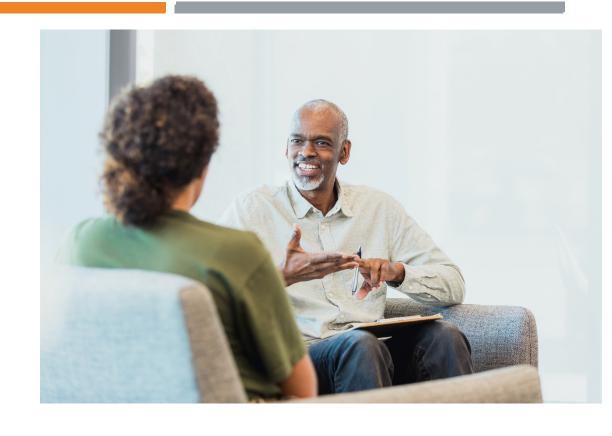
This work is a collaboration between North Zone Health Neighbourhoods (NZ HN)



Social workers have roles in both community, hospitals and care homes.

The services depend on the role and the organization assess the needs of clients, families, groups and community to address:

- -financial supports
- -social services available
- -children services
- -mental health supports





Prescribing Pharmacists Can Help With:

Urinary Tract Infections
Strep A
Uncomplicated High Blood Pressure
Minor Ailments
Emergency Prescribing
Prescription Modification
Cold Sores
Smoking Cessation





Non-Prescribing Pharmacists Can Help With:

General advice on medications
Refill prescriptions
Offer guidance for over-the-counter
medications





Why knowing your Primary Care Provider's Name Important?

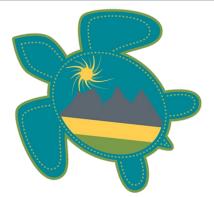
- It notifies your doctor or nurse practitioner when you are admitted to the hospital
- It ensures your records are routed to the right provider to coordinate treatment plans effectively
- It can avoid interruptions in your care



The steps to follow when you present to ANY healthcare facility:

- 1. Present your healthcare card and photo ID.
- 2. Provide your Primary Care Provider's **FULL** Name.
- 3. If you don't have a Primary Care Provider, ask the registration desk for guidance.





The Alberta Indigenous Virtual Care Clinic serves individuals that self-identify as First Nations, Inuit, Métis, and their immediate families.

Phone: 1.888.342.4822 or 811







24/7 Mental Health Helpline: **1.877.303.2642**

24/7 Addictions Helpline: **1.866.332.2322**

24 Hour Distress Line **1.780.482.4357**





Health Link is available to all Albertans seeking health advice:

DIAL: 811 for health advice







DIAL: 211 for local resources



WHEN SHOULD YOU CONTACT 211?











ab.211.ca

Help Starts Here.

24/7 | Free | Confidential | Live Answer 200+ Languages | Daily Online Chat

211 - United Way of Calgary and Area



Don't get measles*

Get immunized*



Measles Hotline: Call 1-844-944-3434 for inquiries regarding your immunization records, symptoms, or to book an immunization appointment.





FCSS is a cornerstone of Alberta's communities, dedicated to enhancing the well-being of individuals, families and the broader community. With a prevention approach, FCSS empowers Albertans to adopt healthy lifestyles, improve their quality of life and build capacity to navigate challenges **before** they escalate.



Please contact your nearest community FCSS for further information

Dementia Care

Société Alzheimer Society



CONTACT: Health Link: 811

Focuses on providing support and specialized assistance to individuals living with cognitive decline, ensuring their safety, well-being, and maintaining their dignity and quality of life.



Caregivers Alberta:

One in four Albertans are caregivers

Empowers caregivers through resources, supports & education to improve their wellbeing.

1.877.453.5088

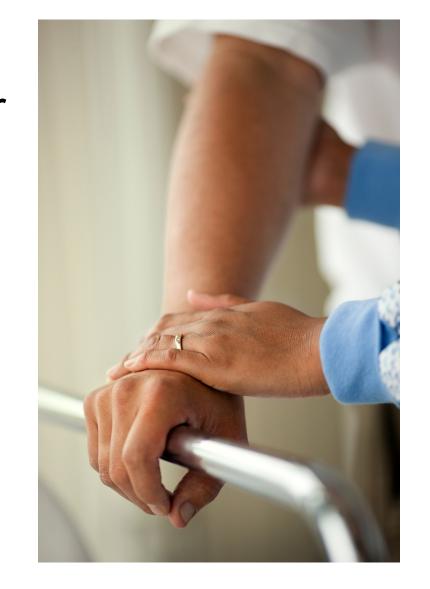


Caregiver Respite may be available in your Community

Continuing Care Access Line:

1-855-371-4122

RESPITE: provides temporary relief to caregivers of individuals with disabilities, chronic illnesses, or other care needs.





There is a New Parent Help Line:

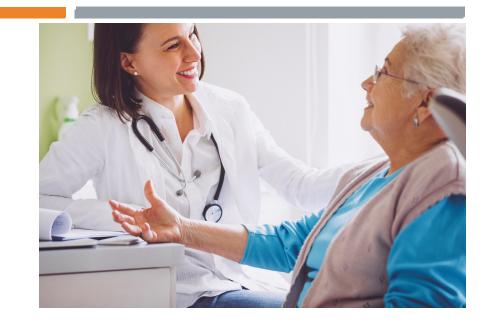
Albertans can reach the helpline by calling: 1-833-805-BABY (2229)



Offers 24/7 support for parents with babies younger than two months of age.



There is an Alberta Virtual Program for Chronic Pain



1.877.719.7077

This is a six-week program available, online, for people in Alberta experiencing pain longer than 3 months.



Homecare services are available:

Please call the Continuing Care Access Line for further support:

1.855.371.4122

Respite Services





You can find physicians accepting new patients at:

https://albertafindadoctor.ca







RECOVERY ALBERTA

PATHWAYS TO TREATMENT



Detoxification Services



Professional Referral



Self-Referral



North Zone RA-MHA Services

3 Inpatient Psychiatry Units (46 beds) & 3 Crisis Response Team 43 Community
Addiction and
Mental Health
Clinics and Satellite
Service Sites

4 Opioid Dependency Treatment Clinics

8 Bed Based
Addiction Treatment
and Detoxification
Services (AHS &
Contracted)

35 Contracted Service Providers

Specialty Programs

- Police & Crisis Team
- Diversion Team
- Child and Youth Multidisciplinary Intensive Treatment
- Assertive Outreach Team
- •Electroconvulsive Therapy (ECT)



We are here to help

The Addiction and Mental Health helplines are a **24-HOUR-7 DAY A WEEK** confidential service that provides information and referrals to Albertans experiencing addiction and mental health concerns.



Emergency 24-hour 7 days a week

For patients with lifethreatening conditions.

911



Mental health helpline 24-hour 7 days a week

For Albertans experiencing mental health concerns.

1-877-303-2642



Addiction helpline 24-hour 7 days a week

For Albertans experiencing addiction (including gambling).

1-866-332-2322



HealthLink 24-hour 7 days a week

For Albertans that need health advice.

811



MyChart

MyChart is an online tool that allows Albertans 14 years of age and older to view their own health records. You may access and manage your immunization records, medication history, diagnostic reports and most lab results. Formerly know as "myhealthrecordsalberta"

Get started with creating a MyChart account

https://www.mychart.ca

