



North Zone Health
Neighbourhood

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



Did You Know...

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



Did You Know...

Prescribing Pharmacists Can Help With:

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



Did You Know...

Non-Prescribing Pharmacists Can Help With:

General advice on medications

Refill prescriptions

Offer guidance for over-the-counter
medications



Did You Know...

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

Did You Know...

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.

Did You Know...



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





Did You Know...

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

Did You Know...



Health Link is available to all Albertans seeking health advice:

DIAL: 811 for health advice

Did You Know...



Did You Know...

DIAL: 211 for local resources



Did You Know...

Don't get measles.*
Get immunized.✓

Alberta 

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

Did You Know...



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.

Did You Know...

Dementia Care

CONTACT: Health Link: 811

Société
Alzheimer
Society



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.

Did You Know...

Caregivers Alberta:

- One in four Albertans are caregivers

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

1.877.453.5088



Did You Know...

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.



Did You Know...

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.

Did You Know...

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.



Did You Know...

Homecare services are available:

**Please call the Continuing Care
Access Line for further support:**

1.855.371.4122

Respite Services



Did You Know...

You can find physicians accepting new patients at:

<https://albertafindadoctor.ca>



Did You Know...

RECOVERY ALBERTA

PATHWAYS TO TREATMENT



Detoxification Services



Professional Referral



Self-Referral

Did You Know...

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)

Did You Know...

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 life-threatening 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
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Did You Know...

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 known as “myhealthrecordsalberta”*

Get started with creating a MyChart account

<https://www.mychart.ca>