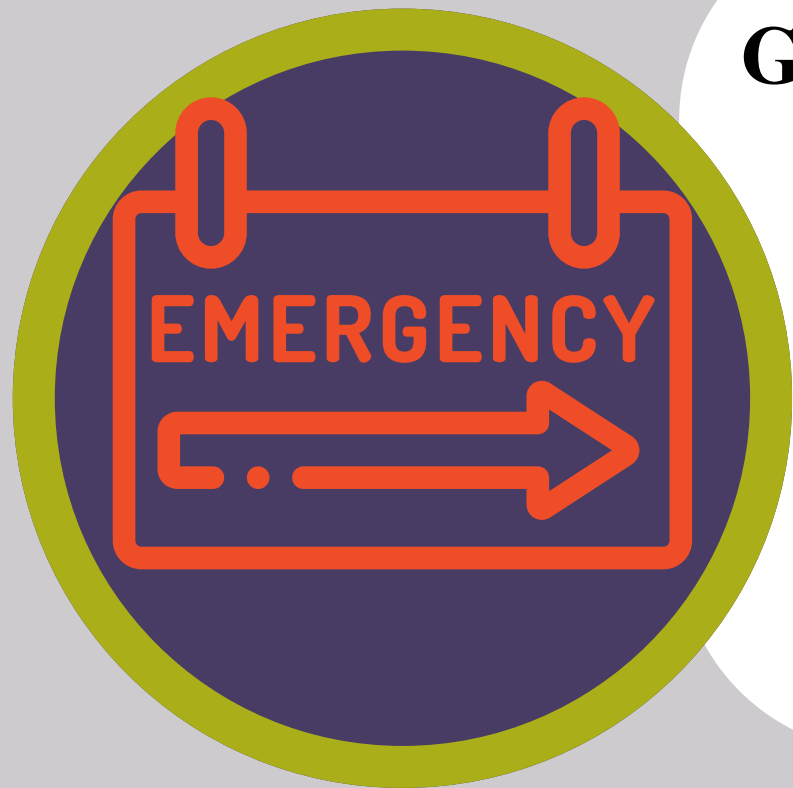


DID YOU KNOW?



North Zone Health
Neighbourhood



Get to the Emergency Department or **Dial 911** if you have:

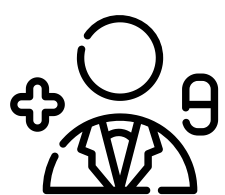
- Chest pain, trouble breathing, severe shortness of breath
- Heavy bleeding or major injury
- Poisoning or overdose
- Signs of stroke (Sudden weakness; facial droop; arm droop, slurred speech)



For Non-Emergent Care, **DID YOU KNOW...**

Prescribing Pharmacists:

- Offer prescriptions for minor ailments
- Phone your local pharmacist at:



Visit your Family Doctor or Nurse Practitioner - accepting family physicians can be found at: albertafindadoctor.ca

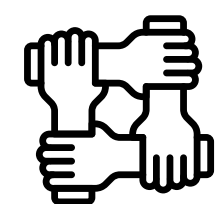


You Can Access 24/7 virtual care by **dialing 811** to access TeleHealth



Access Social Services:

- General inquiries: **1-877-644-9992**
- 24/7 Emergency income support: **1-866-644-5135**



Important Phone Numbers

Crisis Lines

Dial 211 - for Emergency Social Resources (Housing crisis; food insecurity; shelters)

Dial 988 - For mental health emergencies

Help-Lines

1-877-302-2642 - Mental Health helpline (24/7)

1-866-332-2322 - Addiction helpline (24/7)

1-780-482-4357 - 24/7 Distress Line

1-888-342-4822 - Alberta Indigenous Virtual Care Clinic



Know Where To Go For Care