

Navigating your healthcare journey

With the right information

To help you navigate your health and wellness journey, here are some helpful resources to support patients, families, and caregivers in Alberta.

Need help finding healthcare advice?

Call Health Link 811 about healthcare options in your community, immunization records, or referrals for addictions, mental health, dietitian service or rehabilitation and dementia advice, and many more healthcare services. Dial 811 for free 24 hours per day, 7 days a week, confidential advice and help navigating the healthcare system. Health Link staff will assess your needs and provide advice for your immediate concerns.

For other ways to contact us go to ahs.ca/healthlink.



Want to learn about taking an active role in your healthcare?

See the Health Quality Council of Alberta website for

[Working with your healthcare team resources](#)

Preparing for a virtual care visit?

Visit ahs.ca/virtualhealth

[Learn about virtual visits for healthcare](#): This patient resource provides detailed information about virtual visits for healthcare

[How to navigate a virtual care visit: patient guide \(Canadian Medical Association\)](#)

Preparing for a specialist appointment?

The QuRE Patient & Caregiver Journal

[Printable version](#)

[Electronic version](#)

(save & edit on desktop/mobile)

Preparing for surgery?

[Your surgery journey: Patient guide](#)

Recovering and being well at home?

For adult rehabilitation services visit ahs.ca/adultrehab

For Home Care services visit ahs.ca/homecare or call Health Link 811

Alberta Healthy Living Program: Offers group classes to help improve your health and quality of life if you have a chronic condition. ahs.ca/ahlp

Looking for health information in your language?

Visit ahs.ca/languages



Needing to find care but don't have a family doctor?

To find a family doctor visit ahs.ca/FindADoctor or call Health Link 811. Not every condition is an emergency. Get to know your options.

Visit ahs.ca/options

Find healthcare facilities and services near you. Visit [FindHealthcare](https://ahs.ca/FindHealthcare)

Looking for Indigenous health services?

Visit ahs.ca/indigenous

Looking for information about LGBTQ2S+ health services and supports?

Visit ahs.ca/sogie

Wanting support for addiction and mental health?

Confidential helplines open 24 hours a day, 7 days a week, that provide support, information, and referrals for people with addiction and mental health concerns.

Addiction Helpline: 1-866-332-2322

Mental Health Helpline: 1-877-303-2642

Visit ahs.ca/helpintoughtimes

Getting healthy after COVID-19?

Resources to help manage symptoms and get help when needed after having COVID-19.

Visit ahs.ca/healthyaftercovid

See [COVID-19: My discharge checklist](#)

Visit ahs.ca/covidmentalhealth

Call the rehabilitation advice line: 1-833-379-0563 or ahs.ca/ral

Finding and applying for family and social supports?

Alberta Supports can help you access more than 30 programs and 120 services for seniors, people with disabilities, job seekers, parents and families, homelessness, financial assistance, abuse, and family violence prevention.

Call 1-866-644-5135 (open 24 hours)

Visit alberta.ca/alberta-supports

Needing emergency financial assistance?

Alberta's Income Support program can help you get emergency financial assistance to help with basic needs like shelter, food, clothing, medicines and transportation.

Call 1-866-644-5135 (open 24 hours)

Visit alberta.ca/income-support.aspx

**211****Looking for programs and services in your community?**

211 (open 24 hours) is a helpline and [online database](#) of Alberta's community and social services.

Looking for help to quit smoking?

Visit albertaquits.ca

Call the Alberta Quits Tobacco Help Line 1-866-710-QUIT (7848) or call Health Link 811

Looking for information to help prevent family violence?

Call the Family Violence Information Line 310-1818 (open 24 hours)

Accessing your healthcare records for immunizations, medications, or lab test results?

myhealth.alberta.ca/myhealthrecords

Looking for more patient and family resources?

Check out the [Patient and Family Centred Care BINGO!](#) card with links to more resources.

Finding information and help advice?

Call Health Link 811 for help finding your way in Alberta's healthcare system. Information and referral specialists will guide you to the right care provider, at the right time, in the right place.

Navigation services are available to all Albertans by dialing 811 (open 24 hours).

Developed for and with patients and families in partnership with the Alberta Health Services [Primary Health Care Virtual Patient Engagement Network](#)

Get involved! Learn more, contact PHC.IntegrationNetwork@ahs.ca