



CMHA Alberta Resource Guide

ACCESSING HELP

Need support?

Find your local CMHA office.

 alberta.cmha.ca/cmha-alberta-locations



Mental health centres

Access CMHA's mental health and well-being learning centres.

 cmha.ca/recovery-college

 wellbeing@cmha.ca



Mental health resources

Brochures

Took kits

Policy Info.

Services

Available at

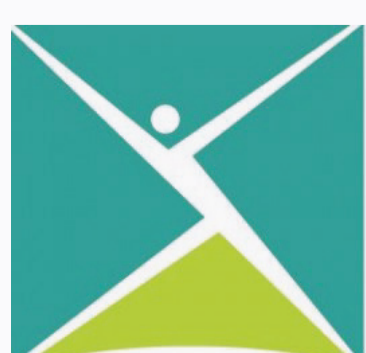
 alberta.cmha.ca/mental-health



Mental health services

Find services in your neighbourhood.

 ementalhealth.ca



Canadian Mental
Health Association
Alberta
Mental health for all

alberta.cmha.ca