



Theme H: Community and Health

Drought-induced depression, anxiety, psychological distress, and other mental health illnesses can have devastating impacts on individuals, families, and communities.

Strategy

Provide Resources for People Experiencing Drought-Related Stress

- Before Drought
- Warning Signs
- During Drought
- After Drought

Resources

Crisis Hotlines

- Alberta Mental Health Hotline (1-877-303-2642)
- PACE Crisis Line (780-539-6666)
- Distress Line of Southwestern Alberta (1-888-787-2880)
- Farmers Distress Line (1-877-303-2642)
- Canadian Mental Health Association Regional Resources (lines vary by region)

Information Lines & Websites

- Alberta Health Link
- 211 Alberta
- Alberta Health Services Access Mental Health
- Canadian Association for Suicide Prevention
- Canadian Mental Health Association

Crisis Centres & Mental Health Clinics

- Distress Centre Calgary
- St. Paul & District Crisis Centre
- Doctor Margaret Savage Crisis Centre (Cold Lake)
- Crisis Support Centre
- Community Mental Health Clinics

Counselling Services

- Some Other Solution (northeast Alberta)

