



Alberta Health Services
Addiction & Mental Health

Addiction & Mental Health: Connections, COVID, and current state

Introductions



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Honoring the Land and Territory

We would like to take this opportunity to acknowledge the traditional territories of the First Nation People of the Treaty 6, Treaty 7 and Treaty 8 areas within the province of Alberta. We also acknowledge the Metis people of Alberta who share a deep history with this land as well as those Inuit people living within Alberta. We recognize and honor the land, history, ways of being and our relationship with First Nation, Métis and Inuit people within Alberta as we move forward together towards a relationship of reconciliation, respect, understanding and healing.

| Icebreaker

Housekeeping

- Turn off other programs for best virtual experience
- Muted microphones
- Opportunities to participate: unmute/chat box
- Resources mentioned: chat for link/contact information
- 1.5 hours

Session Highlights

- Current addiction and mental health concerns in Alberta
- Addiction and mental health concerns and stigma
- How COVID-19 has impacted mental health and addiction in Alberta
- Going forward and resources available

Why does this conversation matter?

- Mental Health versus Mental Illness
- Substances in Canada
- Connection between substance use and mental health

Addressing Stigma

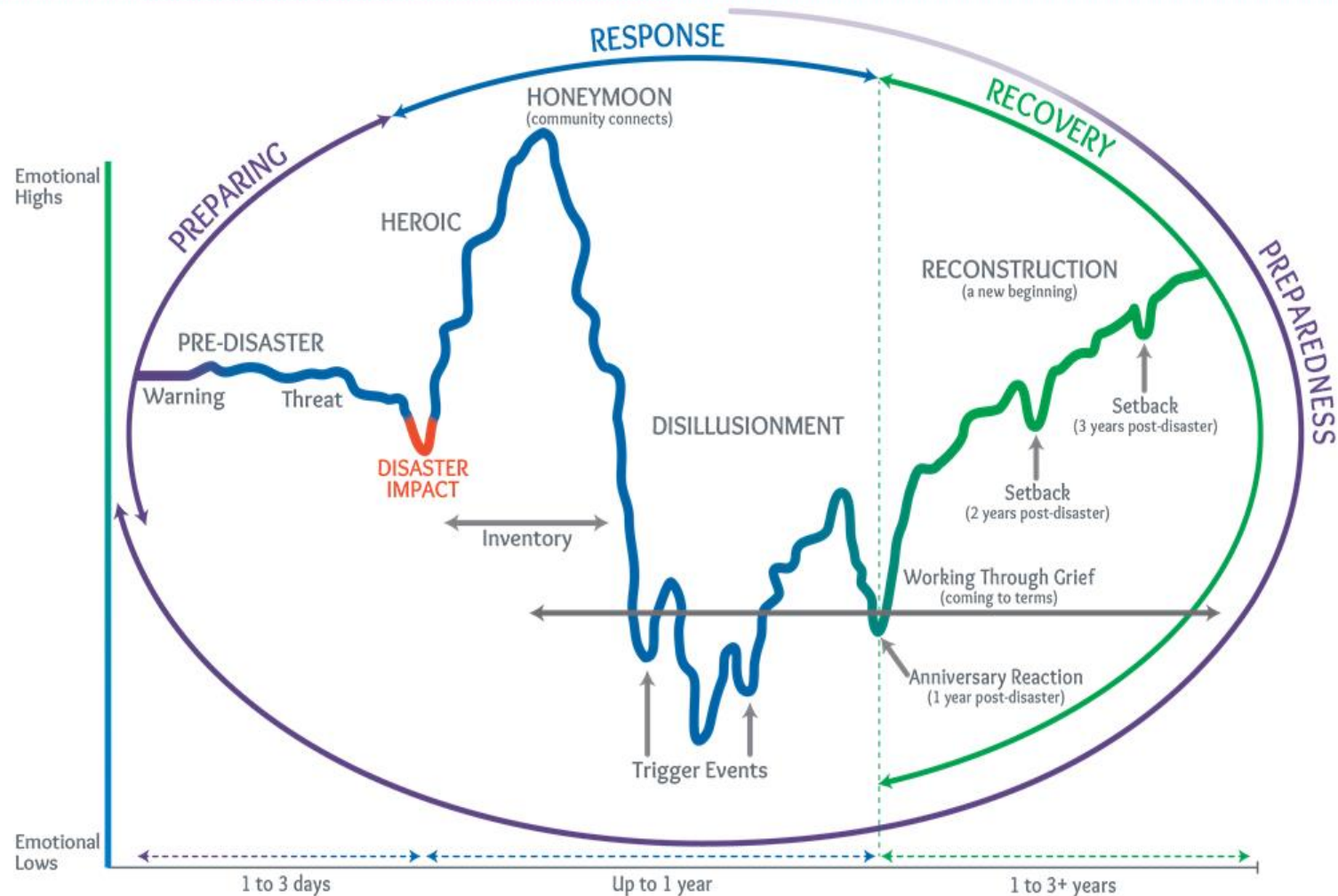
- Why don't people reach out for support?
- How does stigma affect the access of resources?

COVID & AMH rates

- 50% of Canadians reported worsening mental health since the pandemic began with many feeling worried (44%) and anxious (41%)
- 25% of Canadians aged 35-54 and 21% of those aged 18-34 have increased their alcohol consumption since social distancing began

What to expect post-pandemic?

Mental Health Promotion & Illness Prevention



Adapted from: Myers, D., & Wee, D.F. (2004). Disaster Mental Health Services: A Primer for Practitioners. Psychology Press.
 Zunin, L.M., & Myers, D. (2000). Training Manual for Human Service Workers in Major Disasters 2nd Ed.

PFA Virtual Care in a Pandemic. Version: 02. Revised: 2021-02. Next review: 2023-02. ©2021. Alberta Health Services.

AHS Services & Resources

Addiction In-
Person Supports

Addiction Virtual
Supports

Mental Health In-
Person Supports

Mental Health
Virtual Supports

Addiction In-Person

- AMH Clinics
- Opioid Dependency Program

Addiction Virtual

- Virtual Addiction Day Treatment
- Virtual Opioid Dependency Program

Addiction Helpline	1-866-332-2322
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| In-Person Mental Health

- AMH Clinics
- Community Resources

Virtual Mental Health (1)

Text4Hope	Text COVID19HOPE to 393939
Togetherall	Togetherall.com
Translation Services	https://www.albertahealthservices.ca/languages/languages.aspx
Healthy Together	www.ahs.ca/healthytogether
Mental Health Helpline	1-877-303-2642

Mental Health Virtual (2)

- HeartMath
- Wellness Exchange
- Mental Health First Aid
- Psychological First Aid
- Mental Wellness Moments
- 5 Ways to Wellbeing
- Thunderbird

Next Sessions

May 12

Addiction &
Mental
Health
Prevention:
What works?



June ?

Opioids &
Prescription
Drug Use



July ?

Methamphe-
tamine Use

Thank you!
Questions?

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