

## “It Starts with Me”

Communities are strongest when they bring together a diverse set of voices, perspectives and backgrounds. (St. Albert Social Master Plan)

Community & Social Development is featuring a series of ‘snapshots’ intended to help you learn more about the people in our community and workforce who risk exclusion.



These Snapshots are not all-encompassing and may not include all people who risk exclusion. How a group of people identify themselves will expand far beyond a snapshot. Also, each of us could identify with more than one group, and our individual personalities make each person unique.

## Understanding Addiction

The terms ‘mental illness’ and ‘addiction’ refer to a wide range of disorders that affect mood, thinking and behaviour.

- In any given year, 1 in 5 Canadians experiences a mental health or addiction problem.
- People with a mental illness are twice as likely to have a substance use problem compared to the general population.
- Similarly, people with substance use problems are up to 3 times more likely to have a mental illness.

Mental illness and addictions can be associated with distress and/or impairment of functioning. Symptoms vary from mild to severe. [Centre for Addiction & Mental Health](#)

## Alcohol and Drug Problems

The overuse of alcohol or other drugs is called a [substance use problem](#). One of the signs of a substance use problem is that you keep using alcohol or drugs even though you know it's causing problems in your life. Another sign is that you have a strong need or craving to drink or use drugs.

Using alcohol or drugs can affect your health, work, school, and relationships. It can change how well you make decisions, how well you think, and how quickly you can react. And it can make it hard for you to control your actions. In young people, using alcohol or drugs can affect their general health, physical growth, and emotional and social development. [myhealth.alberta.ca](#)

## Be an ally. Learn more to help others:

Mental Health First Aid Canada teaches first aid skills to help someone who is developing mental health problems or is experiencing a mental health crisis. Anyone can benefit from learning mental health first aid. To learn more about attending a Mental Health First Aid course in St. Albert, contact Linda Knoblauch at [lnoblauch@stalbert.ca](mailto:lnoblauch@stalbert.ca) or call 780-459-1720.

## Local resources to share with people you encounter at work, at play or in your neighbourhood:

The [St. Albert Addiction and Mental Health Clinic](#) (call 780-342-1410 30 Sir Winston Churchill Avenue) provides:

- Personalized walk-in intake and assessment, treatment and referral services and a wide range of individual, group and family counseling.
- Group sessions related to addiction recovery run in the morning, afternoon and evenings.
- An intensive, outpatient three-week gender specific program focuses on recovery from substance use and / or gambling.
- Psychiatric or mental health consultations are provided to clients as needed as is referral for clients to self-help groups and other supports in the community.

### Outreach:

- The Collective provides direct support to youth and young adults through information and referral, initial assessment and consultation, link to community resources and advocacy (100-43 St. Thomas Street) Phone: 780-470-2059  
The St. Albert Community Village Liaison Worker coordinates client access to the appropriate community-based social agencies and provides assistance to individuals in social crises which could include, but not limited to, housing and food insecurities, abuse and unemployment (20 – 50 Bellerose Drive) Phone: 780.459.0585
- Seniors' Outreach, St. Albert Seniors Association assists and supports individuals 50+ to identify and access available community resources. (Red Willow Place 7 Tache Street) Phone: 780-459-0433 ext. 2

### 24-hour Phone Helplines:

Addiction Help Line 1-866-332-2322. This is a toll free confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services. The Addiction Helpline operates 24 hours a day, seven days a week.

For more information and to find an a service near you, contact Health Link at [811](#), or you can visit [Help4Me](#), a youth based website for addiction and mental health.

[Check out the St. Albert Public Library reads on Addictions.](#)



Welcoming & Inclusive Communities  
*Together we shine*



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