

SUPPORT IS EVERYWHERE

Owning firearms comes with great responsibility, and it's essential to understand and follow all safety guidelines and legal requirements. If you have questions or concerns about firearms safety and ownership, reaching out for help is crucial.

Prioritizing mental health is an integral part of responsible gun ownership. It is important to recognize that mental well-being can significantly impact one's ability to handle firearms responsibly. If you or someone you know is experiencing mental health challenges, it is essential to seek support. Reach out to mental health professionals, community resources, or helplines that specialize in providing assistance for individuals facing emotional difficulties.

Ensuring a strong foundation of mental well-being not only enhances personal safety but also contributes to fostering a responsible and informed firearms community. Take the initiative to connect with mental health resources, as they play a vital role in promoting overall safety and well-being within the firearms-owning community.

We have outlined some steps where you can seek assistance and ensure you are a responsible and knowledgeable firearms owner in this brochure.



The Alberta Gun Wise Safety First Program is a program created by the Alberta Hunter Education Instructors' Association (AHEIA). AHEIA is a non-profit, registered charity that coordinates Conservation Education throughout Alberta. AHEIA works in cooperation with several Alberta Government departments to deliver these quality programs to you and your family.

FOR FURTHER INFORMATION ABOUT THE GUN WISE PROGRAM

Contact the Alberta Hunter Education Instructors' Association

THE CALGARY AHEIA OFFICE

911 Sylvester Crescent SW
Calgary, Alberta T2W 0R8
Telephone 403.252.8474
Fax 403.252.3770
Toll Free 1.866.852.4342
Email info@aheia.com

OR

THE EDMONTON AHEIA OFFICE

#88, 4003 - 98 Street
Edmonton, Alberta T6E 6M8
Telephone 780.466.6682
Fax 780.431.2871
Toll Free 1.866.282.4342
Email: edmontoninfo@aheia.com

WEBSITE: WWW.AHEIA.COM



WWW.GUNWISE.CA



WHERE CAN I GO FOR HELP?



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FIREARMS INFO

CONTACT THE CANADIAN FIREARMS PROGRAM (CFP)

The CFP should be your first line of contact if you are seeking assistance with firearms questions. The CFP can be contacted by calling 1-800-731-4000, or accessing their web site at <https://www.rcmp-grc.gc.ca/en/firearms>. Their website has many topics that cover firearms safety, licensing, buying & selling firearm's, executors & heirs, and many others.

CONTACT LOCAL LAW ENFORCEMENT

Your local law enforcement agency may be a valuable resource for firearms related safety concerns.

REACH OUT TO CERTIFIED FIREARMS INSTRUCTORS

Alberta is filled with certified firearms instructors, designated by the ACFO, who have extensive knowledge about firearms safety and proper handling. They offer courses and training sessions that cover various aspects of firearm ownership. Search for reputable instructors in your area and inquire about their classes or workshops at aheia.com/instructor-lists-resources.

SEEK GUIDANCE FROM FIREARM ORGANIZATIONS OR CLUBS

Firearms organizations, clubs or ranges in Alberta often have knowledgeable members who can provide valuable insights and guidance. Look for reputable organizations like AHEIA or local shooting clubs, and ask if they have resources available for individuals seeking help with firearms related questions.

USE ONLINE RESOURCES

There are several online forums, websites and communities dedicated to firearms safety and ownership. However, exercise caution when using online resources and ensure you verify information from reputable statutes.

WHERE CAN I GO FOR HELP?

MENTAL HEALTH

While there are no mental health agencies in Alberta or Canada exclusively dedicated to firearms, there are organizations and resources to provide support for those facing mental health challenges.

HEALTH LINK ALBERTA

If you are having trouble coping or need someone to talk to, call Health Link 24/7. Staff will assess your needs and provide advice immediately for your concerns.

Telephone: 811 OR 1-866-332-2322

Website: MyHealth.Alberta.ca

CANADIAN MENTAL HEALTH ASSOCIATION

CMHA Calgary builds awareness and provides education and support for individuals and families living with a mental health or substance use concern.

Telephone: 403-297-1700 Email: info@cmha.calgary.ab.ca

MENTAL HEALTH HELPLINES

If you are in Alberta and need mental health help, you can call the following helplines:

- Alberta 1 Addiction Helpline: 1-866-332-2322
- Alberta Mental Health Helpline: 1-877-303-2642
- Mental Health & Suicide Crisis Helpline: 988
- Distress Line (Edmonton and area): (780) 482-4357
- Distress Centre (Calgary and area): (403) 266-4357
- Distress Line of South Western Alberta: (403) 327-7905
- Rural Distress Line: 1 (800) 232-7288
- Kids Help Phone: Call 1-800-668-6868 or text 686868

HOPE FOR WELLNESS HELP LINE

Available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services. Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.

Telephone: 1-855-242-3310 Website: www.hopeforwellness.ca

WHERE CAN I GO FOR HELP?

MORE RESOURCES

FIREARMS RESOURCES

- Alberta's Chief Firearms Office | albertacfo@gov.ab.ca
- Alberta Firearms Act | alberta.ca/introducing-the-alberta-firearms-act

If you observe unsafe storage or use of firearms, contact your local law enforcement. If you have a different concern about firearms, call the Canadian Firearms Program's toll-free (non-emergency) number during regular business hours, from 9 a.m. to 5 p.m. nationwide, Monday to Friday.

Telephone: 1 800 731-4000

Email: cfp-pcaf@rcmp-grc.gc.ca.

