

Resources for Mental Health

November 2017



Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Advocacy / Information / Referral

Alzheimer Society of Alberta (Edmonton)..... 780-488-2266
Canadian Mental Health Association (CMHA)..... 780-414-6300
Wellness Network..... 780-488-0851
Wellness Quiz....www.wellnessnetworkedmonton.com
The Office of the Alberta Health Advocates
Mental Health Patient Advocate 780-422-1812
Schizophrenia Society of Alberta (Edmonton)..... 780-452-4661

Assessment / Testing / Treatment

Alberta Health Services (AHS) – Addiction and Mental Health
Community Assessment and Treatment Services, Adult
(FKA: Edmonton Mental Health Clinic)..... 780-342-7700
Child and Adolescent Intake Services
(4.5-18yrs)..... 780-342-2701
CASA Child, Adolescent and Family Mental Health
(under 5yrs; for 4.5-18yrs access through Child and Adolescent
Mental Health Intake, see above) 780-410-8483
Psychologists' Association of Alberta
Psychologist Referral Service..... 780-424-0294
University of Alberta - Faculty of Education
Clinical Services (September-April)..... 780-492-3746

Counselling (*no cost)

Catholic Social Services – Mercy Counselling 780-391-3233
The Family Centre - Edmonton 780-424-6103
Institute for Sexual Minority Studies and Services .. 780-492-0772
Jewish Family Services Edmonton..... 780-454-1194
Momentum Walk-In Counselling 780-757-0900
Pride Centre of Edmonton..... 780-488-3234
For more counselling options available in your area 211

Employment / Living Skills / Training

EmployAbilities 780-423-4106
Excel Society..... 780-455-2601 x221
Goodwill Industries of Alberta - Power of Work..... 780-944-2729
On Site Placement Services Association (OSP) 780-488-8122
Prosper Place Clubhouse..... 780-426-7861

Housing / Supported Independent Living

Alberta Health Services Community Care Access...780-496-1300
(eligibility assessments for programs in residential settings)
Canadian Mental Health Association
Housing Program..... 780-414-6300
E4C 780-424-7543
The Salvation Army – Edmonton
Cornerstone Transitional Residence
(for women without children) 780-399-8928
Supportive Residence 780-428-4405

Crisis (Call 911 if in immediate danger.)

Alberta Health Services (AHS) – Adult Community Urgent Services
(FKA: Adult Crisis Response Team / Community Urgent
Services and Stabilization Team / CUSST) (24/7)
..... 780-342-7777
Mental Health Help Line (24/7) 1-877-303-2642
Canadian Mental Health Association (CMHA)
Distress Line (24/7)..... 780-482-HELP (4357)
Government of Alberta - Mental Health Act780-422-1812

Immigrant Mental Health Services

Edmonton Mennonite Centre for Newcomers
Health and Well-Being Services.....780-423-9696
Multicultural Health Brokers Co-op 780-423-1973

Inner City Mental Health Services

Bissell Centre - Mental Health Supports 780-423-2285 x166
Boyle McCauley Health Centre 780-422-7333
Boyle Street Community Services 780-424-4106
Hope Mission - Health Centre - Psychiatrist ...780-422-2018 x278

Recreation and Social Programs

Addictions and Mental Health Community Linking Program
Challenge by Choice 780-700-2189
Canadian Mental Health Association (CMHA) 780-414-6300
Prosper Place Clubhouse 780-426-7861

Suicide Education and Support

Canadian Mental Health Association (CMHA)
Applied Suicide Intervention Skills Training (ASIST)
..... 780-414-6300
Distress Line (24/7) 780-482-HELP (4357)
Mental Health and Wellbeing Education780-414-6300
Suicide Grief Support Program (SGSP)780-414-6300
Suicide Caregiver / Bereavement Support ...780-414-6300
Unlimited Potential Community Services Society
Professional and Educational Services 780-440-0708

Support Groups

Anorexics and Bulimics Anonymous..... 780-443-6077
Caregivers Alberta 780-453-5088
Co-Dependents Anonymous..... 780-436-6853
Eating Disorder Support Network of Alberta 780-729-3376
ElderCare Edmonton - Caregiver Support. 780-444-CARE (2273)
Emotions Anonymous (depression, anxiety, etc.).....780-436-2951
Momentum Walk-In Counselling - Drop-In Support Groups
(bipolar disorder, anxiety, depression)780-757-0900
Organization for Bipolar Affective Disorders 1-866-263-7408
Schizophrenia Society of Alberta (Edmonton)780-452-4661

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

If 211 is not yet available in your area call 780-482-INFO (4636).

Inclusion of an agency or service on this list does not constitute an endorsement by 211.