

# Resources for Mental Health

May 2018



Visit [www.edmonton.cmha.ca](http://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](http://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 ..... 780-342-2701  
CASA Child, Adolescent and Family Mental Health  
(under 5yrs; for over 5yrs access through Child and Adolescent  
Mental Health Intake, see above) ..... 780-400-2271  
Psychologists' Association of Alberta  
Psychologist Referral Service..... 780-424-0294  
University of Alberta - Faculty of Education  
Clinical Services (September - April) ..... 780-492-3746

## Counselling (low / 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

Edmonton's Food Bank - Beyond Food..... 780-425-2133  
EmployAbilities ..... 780-423-4106  
Excel Society..... 780-455-2601 x0  
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  
(telephone screening for programs in residential settings)  
Canadian Mental Health Association (CMHA)  
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 Act ..... 780-422-1812

## 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 Education ..... 780-414-6300  
Suicide Bereavement Support Services..... 780-414-6300  
Suicide Caregiver Support Services..... 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.*