

Resources for Mental Health

November 2018



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
E4C..... 780-424-7543
 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 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*..... 780-944-1414
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 x130
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.