Resources for Men

May 2019

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

Crisis *(Call 911 if in immediate danger)*

Alberta Health Services (AHS)
- *Addiction Helpline* 1-866-332-2322

Canadian Mental Health Association (CMHA)
- *Distress Line (24/7)* 780-482-HELP (4357)

Government of Alberta
- *Child Abuse Hotline (24/7)* 1-800-387-5437

Sexual Assault Centre of Edmonton *(24/7)* 780-423-4121

Basic Needs / Financial *(also see Basic Needs list)*

Edmonton's Food Bank 780-425-4190

Government of Alberta
- *Alberta Supports Centre (info line)* 780-644-9992
- *Alberta Works - Income Support / Employment Information*
  - *City Centre (105th Street Office)* 780-415-4900
  - *North (Northgate Centre)* 780-422-9440
  - *South (Argyll Centre)* 780-644-2888
  - *West (Meadowlark)* 780-415-8116
- *Emergency Income Support (24/7)* 780-644-5135

Hope Mission - *Herb Jamieson Centre (18-60yrs)* 780-429-3470

Money Mentors 1-888-294-0076

The Salvation Army - Edmonton
- *Men's Short-Term Residence* 780-429-4274

Urban Manor Housing Society - *Shelter* 780-425-5901
(hard-to-house men; 18+yrs; addictions/mental illness)

Counselling *(low / no cost)*

Catholic Social Services
- *Mercy Counselling* 780-391-3233

City of Edmonton Citizen Services
- *Individual and Family Well-Being* 780-496-4777

Cornerstone Counselling Centre *(faith-based)* 780-482-6215

The Family Centre - Edmonton *(drop-in)* 780-424-6103

Jewish Family Services Edmonton 780-454-1194

Momentum Walk-In Counselling 780-757-0900

Psychologists' Association of Alberta
- *Psychologist Referral Service* 780-424-0294

University of Alberta - Faculty of Education
- *Clinical Services (September-April)* 780-492-3746

YWCA Edmonton 780-423-9922

Employment

Edmonton's Food Bank - *Beyond Food* 780-425-2133

Alberta Supports Centre 1-877-644-9992

Family Violence and Abuse *(also see Family Violence list)*

Aboriginal Counseling Services Association of Alberta
- *Circle of Safety* 780-448-0378
  (for men who are abusive toward their partners)

City of Edmonton Citizen Services
- *From Chaos to Peace* 780-496-4777
  (group for men who have experienced abuse from their partner)

Edmonton Violence Prevention Centre
- *Changing PathWays* 780-439-4635
  (group for adults who are/have been abusive to their partners)

The Family Centre - Edmonton - *Strive* 780-424-6103
(men experiencing aggression and conflict in relationships)

Government of Alberta
- *Family Violence Info Line (24/7)* 310-1818

The TODAY Family Violence Help Centre 780-455-6880

Health and Sexuality

Alberta Health Services (AHS)
- *Health Link (24/7)* 811
- *Sexually Transmitted Infections Clinic* 780-342-2300

Compass Centre for Sexual Wellness *(pro-choice)* 780-423-3737

Institute for Sexual Minority Studies and Services 780-492-0772

Pride Centre of Edmonton 780-488-3234

Legal Resources

Edmonton Community Legal Centre 780-702-1725

Government of Alberta
- *Maintenance Enforcement Program* 780-422-5555
- *Resolution Services - Dispute Resolution* 780-427-8329
- *Resolution Services - Information Services* 780-415-0404

Law Society of Alberta
- *Lawyer Referral Service* 780-429-3343

Legal Aid Alberta - *Legal Services Centre* 1-866-845-3425

Student Legal Services of Edmonton 780-492-2226

Relationship / Support

Caregivers Alberta 780-453-5088

City of Edmonton Citizen Services
- *Men's Support Services (no cost)* 780-496-4777
  Men Without Hats (drop-in)

Growth, Attitude, Truth, Trust, Energy (GATTE)
- *Men's Support Group* 780-405-5988

Momentum Walk-In Counselling - *Drop-In Support Groups*
- *(men's group; no cost; 18+yrs)* 780-757-0900

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.

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta – Edmonton and Area is a program of Canadian Mental Health Association Edmonton *Mental health for all*