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) - Access 24/7, Adult Intake Services
(FKA: Community Assessment and Treatment Services, Adult / Edmonton Mental Health Clinic) …………. 780-342-7600 (Intake)
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
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
Career Connections …………. 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) - Access 24/7, Adult Intake Services
(FKA: Adult Community Urgent Services / Adult Crisis Response Team / Community Urgent Services and Stabilization Team / CUST) (24/7)
……………………………………………………………………………………………………………………………………………………………………………………… 780-342-7777 (Crisis)
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 …………. www.abal2steps.org
Caregivers Alberta …………. 780-453-5088
Co-Dependants Anonymous …………. 780-436-6853
Eating Disorder Support Network of Alberta …………. 780-729-3376
Eldercare Edmonton - Caregiver Support …………. 780-434-4747
Emotions Anonymous (depression, anxiety, etc.) …………. 780-690-3338
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.