

# Resources for Mental Health

May 2019



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
E4C.....	780-424-7543
Wellness Network.....	780-488-0851
Wellness Quiz.....	<a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a>
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 / CUSST) (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.....	<a href="http://www.aba12steps.org">www.aba12steps.org</a>
Caregivers Alberta .....	780-453-5088
Co-Dependents Anonymous.....	780-436-6853
Eating Disorder Support Network of Alberta .....	780-729-3376
ElderCare Edmonton - Caregiver Support .....	780-434-4747
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.*