

Our Response to COVID-19:

Our office is CLOSED and we have transitioned from providing in person support to telephone support for many of our programs.

Distress Line

If you or someone you know is in crisis or distress phone the Distress Line at **780.482.4357**



**Available
24 Hours
7 Days
a week**

211

For information and referral to community, social health and government services
phone or text 211



Drop-In Single Session Counselling

If you are in crisis or distress, **phone** the Distress Line: **780.482.4357**



Suicide Bereavement Support Services

Please **email** Peris Wasonga (pwasonga@cmha-edmonton.ab.ca) to schedule Phone Support or phone: 780.732.6654



Suicide Caregiver Support Services

Please **email** Peris Wasonga (pwasonga@cmha-edmonton.ab.ca) to schedule Phone Support or phone: 780.732.6654



Caregiver Connections

Please **email** Elyse Cathrea (ecathrea@cmha-edmonton.ab.ca) to schedule Phone Support or phone: 780.414.6300



**Educational Workshops,
Peer Connections Groups
and Recovery College**

Have been
suspended



**Canadian Mental
Health Association**
Edmonton
Mental health for all