

Resources for Mental Health

November 2021



Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.

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
Boyle McCauley Health Centre 780-422-7333
E4C - Wellness Network.....780-748-3492
Government of Alberta Ministry of Health - 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) 780-424-2424
 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 780-423-2831
 Drop-In Single Session Counselling..... dropinyeg.ca
Jewish Family Services Edmonton 780-454-1194
Momentum Walk-In Counselling 780-757-0900
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 x 0
Goodwill Industries of Alberta
 Career Connections..... 780-944-2768
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) 780-474-7499
 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) 780-424-2424
 Mental Health Help Line (24/7) 1-877-303-2642
Canadian Mental Health Association (CMHA)
 Distress Line (24/7)..... 780-482-HELP (4357)

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 780-660-8640
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
 Young Adult Services Social, Recreation, and Wellness Programs 780-782-5042
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.aba12steps.org
Caregivers Alberta..... 780-453-5088
Co-Dependents Anonymous 780-436-6853
Eating Disorder Support Network of Alberta 780-729-3376
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

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at www.ab.211.ca.

Contact 211 for more information or if you cannot find the particular service you are looking for.

Inclusion of an agency or service on this list does not constitute an endorsement by 211.