

# Resources for Youth and Young Adults

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](http://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 and Mental Health*  
*Adolescent Mobile Addiction Services*..... 780-422-7383  
Canadian Mental Health Association (CMHA)  
*Distress Line (24/7)* .....780-482-HELP (4357)  
*Live Crisis Chat* ..... [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca)  
Government of Alberta  
*Child Abuse Hotline (24/7)* ..... 1-800-387-5437  
Kids Help Phone (24/7) ..... 1-800-668-6868  
Text .....686-868  
Live chat.....[kidshelpphone.ca](http://kidshelpphone.ca)  
Sexual Assault Centre of Edmonton ..... 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  
*Emergency Income Support (24/7)* ..... 780-644-5135  
Money Mentors ..... 1-888-294-0076  
Youth Empowerment & Support Services (YESS)  
*Nexus (15-21 yrs)*..... 780-468-7070

## Counselling (\*no cost)

Catholic Social Services - *Mercy Counselling* ..... 780-391-3233  
Cornerstone Counselling Centre (*Christian*) ..... 780-482-6215  
The Family Centre - Edmonton (*drop-in*) ..... 780-423-2831  
*\*Drop-In Single Session Counselling*..... [dropinyeq.ca](http://dropinyeq.ca)  
Jewish Family Services Edmonton..... 780-454-1194  
Psychologists' Association of Alberta (*referrals*) ..... 780-424-0294  
Starfish Family Resources Society..... 780-448-1180  
(*support for youth grieving a death, separation, or divorce*)

## Health / Pregnancy / Sexuality

Alberta Health Services (AHS)  
*Adolescent Pregnancy Clinic (under 20 yrs)* .. 780-735-6892  
*Birth Control Centre (pro-choice)* ..... 780-735-0010  
*Health Link (24/7)* ..... 811  
*Sexually Transmitted Infections Clinic*..... 780-342-2300  
Eating Disorder Support Network of Alberta ..... 780-729-3376  
Pride Centre of Edmonton  
*Drop-In Community Centre* ..... 780-488-3234  
Terra Centre for Teen Parents ..... 780-428-3772  
Woman's Health Options (*pro-choice; abortion services*) ... ..780-484-1124

## Life Skills / Education / Employment

Alberta Learning Information Service (ALIS) .. [www.alis.alberta.ca](http://www.alis.alberta.ca)  
Bredin Centre for Learning..... 780-425-3730  
Edmonton's Food Bank - *Beyond Food* ..... 780-425-2133  
Edmonton Public Schools..... 780-429-8000  
*Alternate High School Completion*..... 780-429-8000  
*Transition Support Program* ..... 780-434-9561  
The Elizabeth Fry Society of Northern Alberta  
*Girls Empowered and Strong (12-17 yrs)*..... 780-784-2200  
Government of Alberta - *Student Funding* ..... 1-855-606-2096  
*Alberta Supports Centre* ..... 1-877-644-9992  
Youth Empowerment & Support Services (YESS)  
*Resource Centre (Formerly BEST) (15-24 yrs)*.....  
..... 780-468-7070  
YOUCAN Youth Services (*employment; 18-24 yrs*) ...780-444-3348  
For local employment offices ..... 211

## Recreation

Boys and Girls Clubs Big Brothers Big Sisters ..... 780-424-8181  
City of Edmonton Citizen Services - *Leisure Access Program* 311  
Edmonton Sport Council - *Online Resources and Sport Referrals*  
..... [www.edmontonsport.com](http://www.edmontonsport.com)  
KidSport Alberta (*funding; 18 yrs and under*) ..... 1-888-914-5437

## Substance Use / Addictions

Al-Anon Family Groups (*including Alateen*) ..... 780-443-6000  
Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Intake Services, Child and Adolescent*.....780-342-2701  
CASA Child, Adolescent and Family Mental Health  
*Concurrent Addiction and Mental Health Program (12-18 yrs)*  
.....780-410-8483

## Support

Boys and Girls Clubs Big Brothers Big Sisters ..... 780-424-8181  
Edmonton John Howard Society  
*REE\*START (15-22yrs)* ..... 780-428-7590  
Family Futures Resource Network ..... 780-413-4521  
Kids On Track Association of Edmonton ..... 780-481-2942  
Old Strathcona Youth Society (*14-24yrs*)..... 780-496-5947  
Uncles & Aunts at Large Society (*6-18yrs*) ..... 780-452-5791  
Youth Empowerment & Support Services (YESS) .. 780-468-7070  
YMCA - *Youth Transition Program (13-19yrs)* ..... 780-426-9265

## Youth and Young Adults at Risk

(See Resources for Youth and Young Adults at Risk.)

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at [www.ab.211.ca](http://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.*