

# Resources for Youth and Young Adults

November 2022



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*  
*Mobile Addiction Services, Adolescent*..... 780-408-8783  
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  
*Online 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 (*Christian*) ..... 780-482-6215  
The Family Centre - Edmonton (*drop-in*) ..... 780-423-2831  
*\*Drop-In Single Session Counselling* ..... [dropinyeg.ca](http://dropinyeg.ca)  
Jewish Family Services Edmonton ..... 780-454-1194  
Next Chapter for Divorcing Families Society ..... 780-448-1180  
(*support for youth grieving a death, separation, or divorce*)  
Psychologists' Association of Alberta (*referrals*)..... 780-424-0294

## 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

ALIS (Alberta Learning Information Service) .. [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 x228  
Edmonton Public Schools..... 780-429-8000  
*Alternate High School Completion* ..... 780-429-8030  
*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  
Society for Selections  
*Get Ready in Trades Program* ..... 780-461-5270 x3  
Youth Empowerment & Support Services (YESS)  
*Daytime Support(15-24 yrs; formerly BEST)*..... 780-468-7070  
YOUCAN Youth Services (*employment*) ..... 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..... [www.edmonton.ca](http://www.edmonton.ca)  
*Leisure Access Program*..... 311  
Edmonton Sport Council..... [www.edmontonsport.com](http://www.edmontonsport.com)  
*Online Resources and Sport Referrals*  
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* ..... 1-825-402-6799  
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  
Family Futures Resource Network..... 780-413-4521  
Kids On Track Association of Edmonton ..... 587-404-8877  
Old Strathcona Youth Society (14-24yrs) ..... 780-496-5947  
Uncles and 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.*