

Resources for Mental Health

May 2023



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.

Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS)

Access 24/7, Adult Intake Services (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)

Advocacy / Information / Referral

Alzheimer Society of Alberta (Edmonton)..... 780-488-2266

e4c - Wellness Network..... 780-699-3253

.....www.wellnessnetworkedmonton.com

Government of Alberta - Ministry of Health

Office of the Alberta Health Advocates

Mental Health Patient Advocate 780-422-1812

Radius Community Health and Healing..... 780-422-7333

(FKA: Boyle McCauley Health Centre)

Schizophrenia Society of Alberta (Edmonton)..... 780-452-4661

Assessment / Testing / Treatment

Alberta Health Services (AHS)

Access 24/7, Adult Intake Services (24/7)..... 780-424-2424

Child and Adolescent Intake Services 825-402-6799

CASA 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

Canadian Mental Health Association - Edmonton Region (CMHA)

Prosper Place Peer Program..... 780-426-7861

Edmonton's Food Bank - Beyond Food..... 780-425-2133 x228

EmployAbilities 780-423-4106

Excel Society..... 780-455-2601 x0

Goodwill Industries of Alberta - Career Connections.. 780-944-2768

On Site Placement Services Association (OSP) 780-488-8122

Immigrant Mental Health Services

Edmonton Mennonite Centre for Newcomers

Therapeutic and Counselling Services 780-424-7709

Multicultural Health Brokers Co-op..... 825-333-6242

Housing / Supported Independent Living

Alberta Health Services - Continuing Care Access..780-496-1300

(telephone screening for programs in residential settings)

Canadian Mental Health Association - Edmonton Region (CMHA)

Housing Program 780-414-6300

e4c..... 780-424-7543

The Salvation Army - Edmonton

Cornerstone Transitional Residence 780-474-7499

(for women without children)

Supportive Residence 780-428-4405

Inner City Mental Health Services

Bissell Centre - Mental Health Supports 780-660-8640

Boyle Street Community Services 780-424-4106

Radius Community Health and Healing 780-422-7333

(FKA: Boyle McCauley Health Centre)

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 - Edmonton Region (CMHA)

Prosper Place Peer Program 780-426-7861

Suicide Education and Support

Canadian Mental Health Association (CMHA) 780-414-6300

Applied Suicide Intervention Skills Training (ASIST)

Mental Health and Wellbeing Education

Suicide Bereavement Support Services

Suicide Caregiver Support Services

Distress Line (24/7) 780-482-HELP (4357)

e4c - In-Person Suicide Attempt Survivor Support YEG

..... 780-289-6219

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

e4c - In-Person Peer-Facilitated Mental Wellness Drop In

..... 780-699-3253

Eating Disorder Support Network of Alberta 780-729-3376

The Family Centre - Edmonton..... 780-900-6423

Anxiety Therapy Group and Depression Therapy Group

Momentum Walk-In Counselling - Drop-In Support Groups

(bipolar disorder, anxiety, depression)..... 780-757-0900

Organization for Bipolar Affective Disorders www.obad.ca

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.